



Rehabilitation Protocol Subacromial Decompression

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PHASE I: EARLY ROM

(0 to 4 weeks after surgery)

- May remove dressing and shower post-op day # 2.
- Sutures will be removed by surgeon in 7-10 days.
- Ice or cold flow system encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be worn for the first week.
- Scapular ROM exercises.
- Initiate shoulder exercise program 3 times per day:
 - AAROM: pulleys, wand and supine gravity assisted ROM.
 - Progress PROM and capsular stretching as tolerated.
 - Immediate elbow, forearm and hand ROM.
 - May start shoulder isometrics and pain improves.

PHASE II: RESTORE FUNCTION

(>4 weeks after surgery)

- Progress PROM and capsular stretching as tolerated.
- Equate active and passive ROM.
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.) Avoid positions of impingement.
- Progress to functional activities as tolerated