

# ARTHROSCOPIC SUBACROMIAL DECOMPRESSION / DEBRIDEMENT REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-4 weeks	PROM advanced to active as tolerated	<b>0-2 weeks:</b> Worn for comfort only, discontinue when comfortable	<p>Elbow/hand/wrist ROM, Codmans, wall stretch, grip strengthening</p> <p>PROM as tolerated advanced to AAROM , pulleys/canes, deltoid and cuff isometrics</p> <p>Begin scapular stabilizing, protraction/retraction</p> <p>*Lower body, core, and cardio okay as tolerated</p>
<b>PHASE II</b> 4-8 weeks	Increase to full as tolerated	None	<p>Advance isometrics, ER/IR at neutral</p> <p>Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility</p>
<b>PHASE III</b> 8-12 weeks	Progress to full without discomfort	None	<p>Advance strength training as tolerated</p> <p>Begin eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and full activity as tolerated after 12 weeks</p>

\*\*Patient protocols may vary. Please follow patient-specific script if modified