



**Dr. Hagan Arthroscopic Subacromial Decompression
and/or Debridement of Partial Rotator Cuff Tear**

Acute Phase: Day 1-4 post-operatively

1. Anti-inflammatory measures, Ice, NSAIDs, sling
2. Putty- grip/forearm
3. Elbow flexion and extension
4. Gentle pendulum exercises
5. Pulley/ forward flexion
6. Shoulder shrugs, protraction, scapular protraction/retraction
7. ****First clinic visit 10-12 post surgery****

Sub-Acute Phase: 1-2 weeks post-operatively

1. Continue anti-inflammatory measures
2. Gentle cuff active range of motion
3. Gentle progressive resistive exercises, IR/ER /biceps/triceps

Advanced Phase: 3 to 8 weeks post-operatively

1. Prone or upright supraspinatus resistance as tolerated
2. Upper extremity- bike (UBE)
3. Continue rotator cuff IR/ER strengthening
4. ****Clinic visit at 6 weeks post surgery****

Activity Phase: 8 to 10 weeks post-operatively

1. Activity oriented exercises (throwing/swimming/JOB)
2. Overhead handing, pull downs, dips, etc.
3. ****Clinic visit at 12 weeks post surgery****