

Arthroscopic Subacromial Decompression/Debridement Post-Surgical Rehabilitation Protocol

Post-Op Days 1-7

- Sling for comfort – D/C within a few days
- Hand squeezing exercises
- Elbow and Wrist active motion (AROM)
- Pendulum Exercises
- Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)
- AROM in pain-free range as tolerated
- Shoulder shrugs/scapular retraction exercises without resistance
- Stationary bike
- Ice pack PRN

Goals

- Pain control
- AAROM Flexion and Abduction to 120 degrees

Days 7-14

- Continue appropriate previous exercises
- AAROM, AROM in pain-free range
- Isometrics x 6 (box) – pain-free
- Light Theraband for ER and IR arm at side with pillow or towel roll under arm
- Standing rows with light Theraband

Goal: AROM Flexion and Abduction to 150 degrees

Weeks 2-4

- Continue appropriate previous exercises
- Theraband exercises x 6 with increasing resistance
- Seated row weight machine with light weight
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Ball toss with arm at side
- Push-up progression against wall
- Treadmill – Running progression program

Goal: 30 wall push-ups