



# GOLDEN STATE ORTHOPEDICS & SPINE

## Rehabilitation Protocol: Arthroscopic Subacromial Decompression/Distal Clavicle Excision

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

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### Phase I (Weeks 0-4)

- Sling immobilization for comfort **Weeks 0-2** – Discontinue sling use at 2 weeks
- Range of Motion –PROM →AAROM → AROM as tolerated
  - Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
  - No abduction-external or internal rotation (90/90) until 4-8 weeks post-op
- Therapeutic Exercise
  - Codman's/Pulleys/Cane
  - Elbow/Wrist/Hand Range of Motion
  - Grip Strengthening
  - No resistive exercises
- Heat/Ice before and after PT sessions

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### Phase II (Weeks 4-8)

- Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
  - Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching
- Therapeutic Exercise
  - Begin light isometrics with arm at the side for rotator cuff and deltoid
  - Advance to therabands as tolerated
  - Passive stretching at end range of motion to maintain shoulder flexibility
- Modalities per PT discretion

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### Phase III (Weeks 8-12)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated
  - Isometrics → therabands → weights
  - Begin eccentrically resisted motions, closed chain exercises and plyometrics
  - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Modalities per PT discretion

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_