

## REHABILITATION FOLLOWING ARTHROSCOPIC SUBACROMIAL DECOMPRESSION Chase D. Smith, MD

**PRECAUTIONS:** No heavy object lifting overhead  
No jerking movements  
Do not use affected shoulder in sitting or rising (most important for the first six weeks to avoid fracture/cracking to the acromion bone)

### I. Immediate Motion Phase (0-2 weeks)

#### **Goals:**

- Re-establish non-painful ROM
- Retard muscular atrophy
- Re-establish dynamic stabilization
- Decrease pain/inflammation

#### A. Week One

##### Range of Motion:

- Pendulums
- Rope and pulley (non painful arc of motion)
- L-bar exercises (Elevation in scapular plane and ER/IR beginning at 30 degrees abduction and progressing to 45 degrees abduction)

##### Strengthening exercises:

- Isometrics-flexion, extension abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR and flex/ext)

##### Decrease pain/inflammation:

- Ice, NSAIDS, modalities

#### B. Week Two

- Continue all Rom exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-bar at 90 degrees abduction
- Progress elevation to full Rom
- Progress isometrics
- Initiate ER/IR tubing at 0 degrees abduction

### II. Immediate Phase (Week 2-6)

#### **Goals:**

- Regain and improve muscular strength
- Normalize arthrokinematics
- Improve neuromuscular control of the shoulder complex
- Diminish pain

**REHABILITATION FOLLOWING ARTHROSCOPIC  
SUBACROMIAL DECOMPRESSION  
Chase D. Smith, MD**

**Criteria to progress to Phase II:**

1. Full ROM
2. Minimal pain and tenderness
3. Good MMT or IR, ER, flexion

A. Week 2-3

Exercises:

- Initiate isotonic program (no weight)
- Shoulder elevation
- Prone rowing
- Prone horizontal abduction
- Sidelying ER
- Shoulder abduction to 90 degrees
- Shoulder extension to neutral
  
- After one week, provided patient has no pain and proper form, initiate exercise with 1 pound weight
  
- Normalize arthrokinematics of shoulder complex  
Continue L-bar ROM
  - Elevation in scapular plane
  - ER/IR at 90 degrees abduction
  
- Joint mobilization: Inferior, posterior and anterior glides

Decrease pain and inflammation:

- Continue use of modalities, ice as needed
- May use heat prior to exercise program

C. Week 4-5: Progress to fundamental shoulder exercise program

III. Dynamic Strengthening Phase (Week 6-12)

**Goals:**

- Improve strength/power/endurance
- Improve neuromuscular control
- Prepare athlete to return to sport

**Criteria to progress to Phase III**

1. Full non-painful TOM
2. No pain or tenderness
3. Strength 70% compared to contralateral side

A. Week 6-8

## REHABILITATION FOLLOWING ARTHROSCOPIC SUBACROMIAL DECOMPRESSION Chase D. Smith, MD

### Exercises:

- Continue isotonic program – fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate plyometric activities (2 hand drills)
  - If patient's goal is sport activities-chest pass and side to side throws

### Week 9-12

- Continue all exercises
- Initiate on hand plyometric drills (wall dribbles, baseball throws, shovel throws)
- Initiate sport program (week (10-12) if patient achieves specific criteria

### Return to Activity Phase (13-22)

**Goals:** Progressively increase activities to prepare for full functional return

### Criteria to progress to Phase IV

1. Full ROM
2. No pain or tenderness
3. Satisfactory muscular strength
4. Satisfactory clinical exam

### A. Exercises:

- Continue ROM and strengthening program
- Continue self capsular stretches as needed
- Continue fundamental shoulder exercise program
- Continue or initiate interval sports program
- Gradually return to overhead activities i.e. sports