

# Dr. Cory D. Smith | Orthopedic Surgery and Sports Medicine

Shoulder Reconstruction & Arthroplasty

Hip, Shoulder, Knee, and Elbow Arthroscopy

## Physical Therapy Protocol: SUBACROMIAL DECOMPRESSION / ROTATOR CUFF IMPINGEMENT

**Recommendation:** PT/ OT 2-3 visits per week for 8-12 weeks

### Immediate Postoperative Period

- Sling for comfort only
- PROM to tolerance
- AAROM (wand, self-stretch)
- Ice 3-4x daily

### 7 Days-2 Weeks (Goal: Full PROM)

- Discontinue sling
- NO Upper Body Exercises
- Isometrics for all shoulder motions within pain-free ROM
- AROM: impingement exercises without resistance (standing ABD, FE,
- supraspinatus exercises <90°, side-lying IR< ER; prone horizontal abduction,
- extension, flexion
- Ice following exercises

### 3 Weeks (Goal: full AROM)

- PRE: hand weights or TheraBand resistance within pain-free ROM
- Impingement exercises
- Scapulothoracic exercises
- Wall push-ups, supine punch-ups, IR and ER motion
- Rowing, Shrugs, Press-ups, Prone scapular retraction with horizontal abduction

### 4 Weeks (Goal: Exercises should be pain-free)

- Progress PREs with ice following exercises
- Add CKC exercises (step-ups, BAPS, treadmill; STAB exercises)
- Add manual resistive exercises (PNF, rhythmic STAB, eccentrics)
- Add isokinetic rotation and neutral ABD

### 6 Weeks + (Full pain-free ROM)

- Add plyometrics (medicine ball, TheraBand, plyoback)
- Resume sport-specific activities (progression toward full activity)