

REHABILITATION PROTOCOL: ARTHROSCOPIC SHOULDER SUBACROMIAL DECOMPRESSION AND DISTAL CLAVICLE EXCISION

□ Phase 1 (Weeks 0-4)

- Sling immobilization 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 postop
- Therapeutic exercises
 - Codman's, pulley, cane
 - Elbow, wrist, and hand range of motion
 - Grip strengthening
 - Isometric abduction, internal and external rotation exercises with elbow at side
 - No resistive exercises
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 4-8)

- Range of motion
 - Increase forward flexion, full internal and external rotation 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 exercises
 - 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

□ Phase 3 (Weeks 8-12)

- Range of motion
 - Progress to full AROM without discomfort
- Therapeutic exercises
 - Advance strengthening as tolerated
 - Isometrics → therabands → weights
 - Begin eccentrically resisted motions, closed chain exercises and plyometrics
 - Rotator cuff, deltoid, and scapular stabilizers (8-12 repetitions/ 2-3 sets)
- Modalities per PT discretion