



Acromioplasty/Subacromial Decompression Post-Operative Protocol

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STAGE 0:

- Modalities: pain, inflammation and joint stiffness
- Possible sling wear for comfort specified by physician ...eliminate as tolerated (2-3 days)
- Posture awareness
- Check Op note for possible additional pathology

STAGE 1:

- Normalize PROM, Flex and Abd to tolerance
- Initiate AAROM, and AROM pain free
- GH joint mobilization (inferior for increased ABO, anterior for increased ER, and posterior for IR primarily- grade Yi)
- AAROM to tolerance
 - Pulleys
 - Cane exercises: Flex/Ext, Horiz. Abd/Add, and ER/IR (start @ 0° abduction)
 - Pendulum exercises (with or without weight)
- AROM pain-free
 - IR/ER at side (use t-band or weight- isotonic)
- Sidelying Scapular Facilitation (clocks for control)
- Wrist and Elbow PRE's
- Continue modalities

Goals: Full AAROM, Pain-free AAROM, minimize muscle loss atrophy, decrease pain and inflammation.

STAGE 2 (WEEKS 2-4):

- PROM continued as needed to WNL (terminal ranges as needed)
- Continue joint mobs PRN until normal
- Continue AAROM

- Progressing to supine AROM as tolerated pain-free and gentle Posterior IR-4 weeks
- Initiate CKC exercises
 - Horizontal (table or counter wash)
 - Vertical (wall wash)
 - Diagonal patterns (done last when tolerable)
 - 4 pt. weight shift
- Initiate UBE 3 weeks
- Initiate trunk exercises
- Continue wrist and elbow PRE's
- Continue modalities as necessary

Goals: Full pain-free AROM, Decrease pain and inflammation, progress strengthening

STAGE 3 (WEEKS 4-8):

- Progress AROM
 - Prone clock (ext, abd, and flex-progress weight as able)
 - 6 weeks: initiate FE to 70° light weight ONLY PERFORM WHEN PAIN-FREE
 - Progress to theraband
- Progress scap. Stabilization exercises
 - Increase on arm in 4 pt.
 - Arm on wall move feet further out
 - Lower arm to table height move feet further out
- Initiate PNF Rhythmic stabilization-manual resistance exercises
- Progress isotonic
- Continue joint mobs PRN
- Posterior capsule stretch PRN
- Proprioceptive and manual control drills (body blade)
- Instruct in postural exercises (pee major and minor stretching)

Goals: Increase muscular strength, Min pain and improve neuromuscular and proprioception control

STAGE 4 (WEEKS 8-10/12):

- Initiate 90/90 abduction and ER to tolerance
- Initiate isokinetic training as needed
- Eccentric cuff and scapular exercise as needed
- UE plyometric drills-ball walkout, step-up push out, and Stairmaster with UE
- Chest press, push- ups, serratus push- ups in protected ROM
- Diagonal patterns with LE reaches (lunging PNF patterns with band or weighted ball)
- Focus on UE endurance
- Initiate sport specific and functional activities/exercises
 - Overhead sport drills at 12-14 weeks per approval of MD
- Advance HMP

DISCHARGE GOALS:

- 0-3/10 pain scale
- Min to 0 palpable tenderness on clinical exam
- AROM WNL
- Able to perform overhead AOL's