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**Arthroscopic Subacromial Decompression/Labral Debridement Protocol**

**Andrea Saterbak, MD**

**Stage I (0-4 weeks):**

* 4-5 visits in 4 weeks
* Patient should wear sling for first 1-2 days
* Ice following exercises as needed
* Stretching and ROM (2 times per day) – if limited
  + Pendulum exercises to warm up
  + Four corner stretch
  + AAROM (can exercises) in all movements – Full ROM as tolerated – Do not go beyond a 2 on pain scale (minimal pain only!)
  + Manual technique to restore capsular length if necessary
* Strengthening – all exercises must be pain free ROM (once a day, 3-4 days per week)
  + Supine rotator cuff program
    - Start by using gravity only and gradually add and progress weights
    - Progress to isotonics when elevation against gravity is greater than 80°
  + Isotonic exercises
    - Perform with free weights only (no TheraBands except with internal rotation)
      * Repetitions should reach 20-50 repetitions before adding/progressing in weight
      * Start using gravity for weight and progress as tolerated to:
        + 2oz (dinner knife), 4oz (tuna can), 8oz (soup can), 1lb weight, 2lb weight, etc.
  + Scapular stabilization exercises
    - Prone T, Y, W on physio ball
    - Scapular sets
    - Reverse fly’s
    - Supine ceiling punches
    - Rows
    - Scapular sets with TheraBand
    - Ball on wall – clockwise and counterclockwise
* Educate patient on limiting “pushing” activities such as push-ups, bench presses, etc.

**Stage II (4+ weeks):**

* Independent home rehab program

**If you have any questions or concerns, please contact Dr. Saterbak’s office at 651-351-2618 or SaterbakAcareteam@tcomn.com**