

## Subacromial Decompression PT Protocol

### PHASE I (0-4 WEEKS)

Period of protection: Sling is worn for 1-2 weeks, then only for comfort at night. No strengthening until after this phase to prevent irritation to subacromial space and/or AC joint.

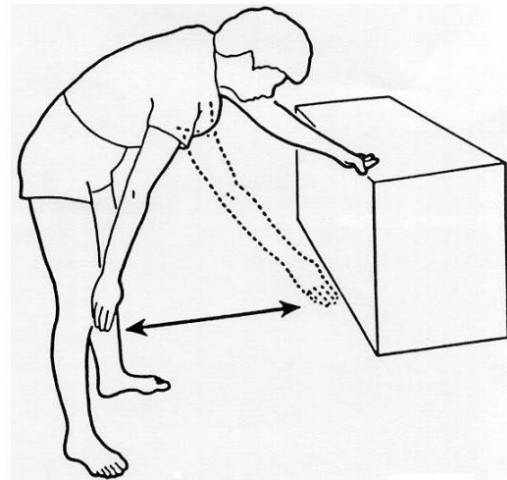
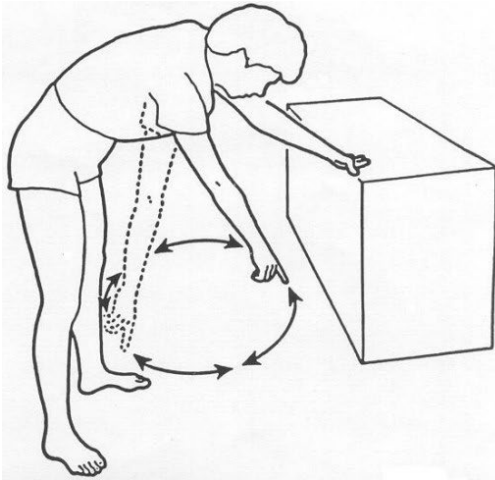
Distal Clavicle Resection (DCR): If this was done, avoid cross body adduction x 8 weeks

### WEEKS 0-1: FORMAL PT IS NOT MANDATORY

- Sling at all times (except for hygiene and home exercises).
- Home exercises 3x/day (pendulums, codmans, elbow + wrist ROM, grip strengthening).
- Can start PT if preferred over home program

**Pendulums:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

**Codmans:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side-to-side motion.



### WEEKS 1-4

#### Begin formal PT (2-3 x/week)

- D/C sling
- ROM:
  - **Shoulder:**
    - Advance PROM → AAROM → AROM in all planes as tolerated
    - Goals: full AROM if possible

- **Elbow:**
  - PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated
  - Goals: full passive ROM (flex/ext)
  - Strengthening: None, except grip strengthening.

## PHASE II (4-8 WEEKS)

### Advance motion and begin strengthening.

- ROM: Advance AROM for elbow and shoulder in all directions with passive stretching at end ranges.
  - Goals: full AROM elbow and shoulder by 8-10 wks.
  - Strengthening (only 3x/week to avoid cuff tendonitis):
  - Start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

## PHASE III (8-12 WEEKS)

### Begin more aggressive strengthening and progress to sport- specific/occupation-specific rehab.

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
  - Strengthening/Activities:
    - Continue cuff/deltoid/periscapular strengthening:
      - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
      - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)

## PHASE IV (3-6 MONTHS)

### Transition to sport-specific/occupation-specific rehab.

- ROM: Continue aggressive passive stretching at end ranges.
- Strengthening/Activities:
  - Continue cuff/deltoid/periscapular strengthening:
    - Advance eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
    - Sports-related rehab and advanced conditioning
      - @ 4.5 months, may throw from the pitcher's mound
      - @ 6 months, return to collision sports
  - Heavy labor once full-strength/MMI reached (usually by 6 months)