

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.*

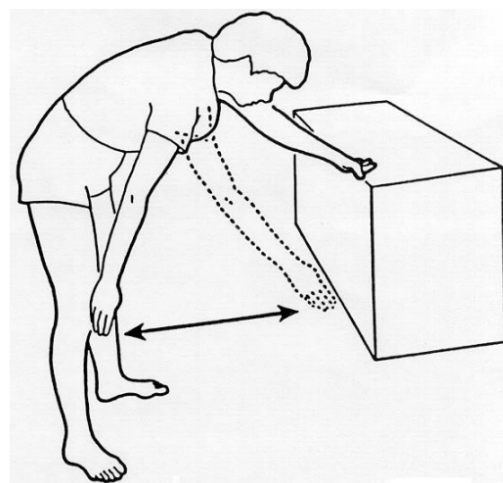
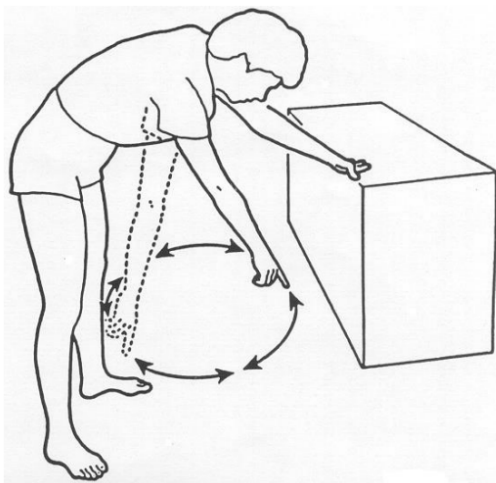
Distal Clavicle Resection (DCR): *If this was done, avoid cross body adduction x 8weeks*

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 wks): *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 wks): *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)