



# ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND DISTAL CLAVICLE RESECTION POST-SURGICAL REHABILITATION PROTOCOL

## POST-OP DAYS 1 - 7

- Sling for comfort - D/C within a few days
- Hand squeezing exercises
- Elbow and wrist active motion (AROM)
- Pendulum exercises
- Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)
- AROM in pain-free range as tolerated
- Shoulder shrugs / scapular retraction ex without resistance
- Stationary bike
- Ice pack PRN

## GOALS

- Pain control
- AAROM Flexion and Abduction to 120 degrees

## DAYS 7 - 14

- Continue appropriate previous exercises
- AAROM, AROM in pain-free range
- Isometrics x 6 (box) - pain-free
- Light Theraband for ER and IR arm at side with pillow or towel roll under arm
- Standing rows with light Theraband

## GOAL

- AROM Flexion and Abduction to 150 degrees

## WEEKS 2 - 4

- Continue appropriate previous exercises
- PROM / Mobilization as needed to regain full motion
- Theraband ex x 6, pain-free
- Biceps and Triceps PReS with light weight
- Prone scapular retraction exercises
- Body Blade
- UBE forwards and backwards
- Elliptical trainer
- Treadmill - Walking progression program

## GOAL

- Full AROM

## **WEEKS 4 - 6**

- Continue appropriate previous exercises
- Theraband ex x 6 with increasing resistance
- Seated row weight machine with light weight
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Ball toss with arm at side
- Push-up progression against wall
- Treadmill - Running progression program

### **GOAL**

- 30 wall push-ups

## **WEEKS 6 - 8**

- Continue appropriate previous exercises
- Bench press with light weight
- Ball toss overhead
- Fitter on hands
- Push-up progression - Table to chair
- Pool therapy
- Running progression to track

### **GOAL**

- Normal rotator cuff strength

## **MONTHS 2 - 4**

- Continue appropriate previous exercises with increasing resistance
- Push-ups, regular
- Sit-ups
- Gravitron - Pull-ups, dips
- Swimming
- Transition to home / gym program

### **GOAL**

- Return to all activities