

Arthroscopic Subacromial Decompression / Distal Clavicle Resection Protocol

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PHASE I

(0-4 WEEKS)

Passive to active range up to 90 degrees abduction or forward elevation. Sling use for comfort for 3-7 days postoperatively except for hygiene and therapeutic exercise, then discontinue. Hand, elbow, wrist, pendulum, Codman's exercises immediately post-op. Advance to resisted exercises as tolerated.

PHASE II

(4-8 WEEKS)

Increase forward flexion and abduction to full range of motion. Initiate strengthening. Begin light isometrics with arm in adduction, rotator cuff and deltoid strengthening. Advance to therabands as tolerated. Passive stretching at end ranges to maintain flexibility.

PHASE III*

(8-12 WEEKS)

Full range of motion. Terminal stretch and strengthening. Begin eccentrically resisted motions and closed chain activities.