

Rehabilitation Following Arthroscopic Subacromial Decompression

PRECAUTIONS: No heavy object lifting overhead
No jerking movements
Do not use affected shoulder in sitting or rising (most important for the first six weeks to avoid fracture/cracking to the acromion bone)

I. Phase I - Immediate Motion Phase (0-2 weeks)

Goals:

Re-establish non-painful ROM
Retard muscular atrophy
Re-establish dynamic stabilization
Decrease pain/inflammation

Week 1

- Range of Motion:
- Pendulums
- Rope and pulley (non painful arc of motion) Flexion
- L-bar exercises (Elevation in scapular plane and ER/IR beginning at 30 degrees abduction and progressing to 45 degrees abduction)
- Strengthening exercises:
 - Isometrics-flexion, extension abduction, ER, IR, biceps
 - Rhythmic stabilization exercises (ER/IR and flex/ext)
- Decrease pain/inflammation:
 - Ice, NSAIDS, modalities

Week 2

- Continue all Rom exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-bar at 90 degrees abduction
- Progress elevation to full ROM
- Progress isometrics
- Initiate ER/IR tubing at 0 degrees abduction

II. Phase II - Immediate Phase (Week 2-6)

Goals:

Regain and improve muscular strength
Normalize arthrokinematics
Improve neuromuscular control of the shoulder complex
Diminish pain

Criteria to progress to Phase II:

Full ROM
Minimal pain and tenderness
Good MMT or IR, ER, flexion

Week 2-3**Exercises:**

- Initiate isotonic program (no weight)
- Shoulder elevation
- Prone rowing at 45 deg abduction
- Prone horizontal abduction at 90 deg abduction
- Sidelying ER
- Shoulder abduction to 90 degrees
- Shoulder extension to neutral
- After one week, provided patient has no pain and proper form, initiate exercise with 1 pound weight
- Normalize arthrokinematics of shoulder complex
Continue L-bar ROM
 - Elevation in scapular plane
 - ER/IR at 90 degrees abduction
- Joint mobilization: Inferior, posterior and anterior glides

Decrease pain and inflammation:

- Continue use of modalities, ice as needed
- May use heat prior to exercise program

Week 4-5: Progress to fundamental shoulder exercise program

III. Phase III - Dynamic Strengthening Phase (Week 6-12)**Goals:**

- Improve strength/power/endurance
- Improve neuromuscular control
- Prepare athlete to return to sport

Criteria to progress to Phase III

Full non-painful TOM
No pain or tenderness
Strength 70% compared to contralateral side

Week 6-8**Exercises:**

- Continue isotonic program – fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate plyometric activities (2 hand drills)
 - If patient's goal is sport activities-chest pass and side to side throws

Week 9-12

- Continue all exercises
- Initiate on hand plyometric drills (wall dribbles, baseball throws, shovel throws)
- Initiate sport program (week (10-12) if patient achieves specific criteria

IV. Phase IV - Return to Activity Phase (13-22)

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV

Full ROM
No pain or tenderness
Satisfactory muscular strength
Satisfactory clinical exam

Exercises:

- Continue ROM and strengthening program
- Continue self capsular stretches as needed
- Continue fundamental shoulder exercise program
- Continue or initiate interval sports program
- Gradually return to overhead activities i.e. sports