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## ARTHROSCOPIC SUBACROMIAL DECOMPRESSION PROTOCOL

### WEEKS 1-2

- Wear the sling for 2-4 days
- Elbow, forearm, wrist and hand ROM
- Scapular elevation and retraction
- Cervical ROM
- Pendulum/Codman's exercises
- Passive flexion and abduction to 110° at week 1 and 120° at week 2
- Supine passive ER to tolerance in all planes
- At week 1 post op, initiate sub-maximal, pain free shoulder isometrics. *Focus on scapular control during contractions and do not allow elbow beyond plane of body. Use towel roll for IR and ER.*
- Ice and modalities for pain and inflammation.

### WEEKS 3-4

- Continue elbow, forearm, and hand exercises
- Manual scapular strengthening exercise for protraction and retraction
- Increase passive range of motion to:
  - Flexion and abduction to 140° at week 3 and 160° at week 4
  - ER to normal in all planes as tolerated
- Start pulley when 120° flexion is achieved
- Glenohumeral and scapulothoracic mobilization as needed
- Initiate functional IR, AAROM to tolerance
- Initiate serratus anterior exercise
- If minimal to no pain at night, initiate Theraband exercises for EXT, ADD, and ER/IR-with towel roll
- Initiate AROM flexion and scaption to 90°
- Initiate Theraband exercise for scapular stabilization, Rows
- Add UBE
- Light multi-plane rhythmic stabilization and proprioception training
- Advance biceps and triceps strengthening as tolerated
- *Focus on normal scapulohumeral rhythm*

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### WEEKS 5-6

- Progress ROM in all planes to WNL's
- Mobilization and stretches as needed to regain normal ROM
- Progress to manual scapular diagonals
- Initiate light PRE's for shoulder flexion, scaption, and sidelying ER
- Initiate prone scapular exercise program
- Initiate light closed chain kinetic exercises
- Initiate light PNF patterns for D1 and D2, starting with small range and advancing to larger range as tolerated. Start with short lever arm and advance to longer lever arm as tolerated.
- Advance rhythmic stabilization and proprioception exercises ☹multi plane
- May initiate aquatic exercise but NO swimming
- *Watch for inflammatory response with strengthening ☹modify range, intensity, and repetitions accordingly.*

### WEEKS 7-11

- Progressive manual scapular strengthening
- Progressive strengthening exercise for gleno-humeral and rotator cuff muscles
- Work toward maximum of 5 lbs. for flexion, scaption, sidelying ER, and prone scapular exercises
- Advance to body blade ☹static supine position ☹supine patterns ☹standing
- Initiate light two hand plyometrics when shoulder strength is 5/5 (as needed for return to sports)
- Initiate work conditioning and functional integration patterns toward end of this phase
- Progress with closed chain exercise, static to dynamic
- Light supervised weight training, limited range, no overhead
- *Ultimate levels of progression for strengthening program should be determined by size of patient, realistic expected functional demands and quality of rotator cuff as determined by physician during surgery.*

### WEEKS 12-16

- Continue with stretches and strengthening
- Continue with work conditioning
- Advance plyometrics
- Progress weight machines as tolerated, protected range
- Begin sport specific activities