



REHABILITATION PROTOCOL: SUBACROMIAL DECOMPRESSION

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Immediate Postoperative Period

- Sling for comfort only
- PROM to tolerance
- AAROM (w/ cane, self-stretch)
- Ice 3-4x daily

7 Days-2 Weeks (Goal: Full PROM)

- Discontinue sling
- NO UBE
- Isometrics for all shoulder motions within pain-free ROM
- AROM: impingement exercises without resistance (standing ABD, FE, supraspinatus exercises < ER; prone horizontal abduction*, extension, flexion
- *If distal clavicle excision performed, limit abduction to <90° for 8 weeks*
- Ice following exercises

3 Weeks (Goal: full AROM)

- PRE: hand weights or Theraband resistance within pain-free ROM
- Impingement exercises
- Scapulothoracic exercises
- Wall push-ups, supine punch-ups
- Prone scapular retraction with horizontal abduction with IR and ER
- Rowing; shrugs, press-ups
- Ice following exercises

4 Weeks (exercises should be pain-free)

- Progress PREs
- Add CKC exercises (step ups, BAPS, treadmill; STAB exercises)
- Add manual resistive exercises (PNF, rhythmic STAB, eccentrics)
- Add isokinetic rotation at neutral ABD
- Ice following exercises

6 Weeks (Full pain free ROM)

- Add plyometrics (medicine ball, theraband, plyoback)
- Resume sport specific activities (progression toward full activity)
- *Full shoulder abduction at 8 weeks if distal clavicle excision performed*

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