

## **Rehabilitation Following Arthroscopic Subacromial Decompression**

### **Phase I – Immediate Motion Phase (0-2 weeks)**

Goals: Re-establish non-painful range of motion  
Retard muscular atrophy  
Re-establish dynamic stabilization  
Decrease pain/inflammation

#### Week 1

ROM:

Pendulums

Rope and Pulley (non-painful arc of motion)

L-Bar exercises

Elevation in scapular plane

ER/IR (begin at 30 degrees abduction; progress to 45 degrees abduction)

Strengthening Exercises:

Isometrics – flexion, extension, abduction, ER, IR, biceps

Rhythmic stabilization exercises (ER/IR & 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

Initiate prone rowing

### **Phase II – Intermediate Phase (week 2-6)**

Goals: Regain & improve muscular strength

Normalize Arthrokinematics

Improve neuromuscular control of the shoulder complex

Diminish pain

Criteria to progress to Phase II:

1. Full ROM
2. Minimal pain and tenderness
3. "Good" MMT of IR, ER, flexion

#### Week 2-3

Exercises:

Initiate isotonic program (No weight)

Shoulder elevation

Prone rowing

Prone horizontal 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 one pound weight

Normalize arthrokinematics of shoulder complex

Continue L-Bar ROM

Elevation in a scapular plane

ER/IR at 90 degrees abduction

Joint mobilization

Inferior, posterior, and anterior glides

Initiate neuromuscular control exercises for scapula

Initiate trunk and lower extremity exercises

Initiate UE endurance exercises

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

#### **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:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to the 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

Side to side throws

#### Week 9-12

Continue all exercises

Initiate one hand plyometric drills

Wall dribbles

Baseball throws

Shovel throws

Initiate interval sport program (week 10-12)

\*If patient achieves specific criteria

#### **Phase IV: Return to Activity Phase (Week 13-22)**

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV:

1. Full ROM
2. No pain or tenderness
3. Satisfactory muscular strength
4. Satisfactory clinical exam

Exercises:

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