REHABILITATION FOLLOWING ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

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

A. Week one

Range of motion:
- Pendulums
- Rope and pulley (non-painful arc of motion)
- L-Bar exercises
  - Elevation in scapular plane
  - ER/IR (begin at 30° abduction; progress to 45° abduction)

Strengthening exercises:
- Isometrics – flexion, extension, abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR & flex/ext)

Decrease pain/inflammation:
- Ice, NASAIDS, modalities

B. Week two

- Continue all ROM exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-Bar at 90° abduction
- Progress elevation to full ROM
- Progress isometrics
- Initiate ER/IR tubing at 0° abduction
- Initiate prone rowing
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 & tenderness
3. “Good” MMT of IR, ER, flexion

A. Week 2-3

Exercises:
- Initiate isotonic program (no weight)
  - Shoulder elevation
  - Prone rowing
  - Prone horizontal abduction
  - Sidelying ER
  - Shoulder abduction to 90°
  - 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° 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

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B. Week 4-5
  • Progress to fundamental shoulder exercise program

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

A. 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

B. 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

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

A. Exercises:
   - Continue 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