



REHABILITATION GUIDELINES
ARTHROSCOPIC SUBACROMIAL DECOMPRESSION, AC RESECTION, DEBRIDEMENT

SLING FOR COMFORT ONLY –wean as tolerated

PHASE 1: IMMEDIATELY POST-OP

DOS:

passive ROM; Pendulums to warm up

- Forward elevation
- External rotation
- Internal rotation

PHASE 2: BEGIN AS PAIN PERMITS

Active range of motion with terminal stretch; pendulums to warm up

- avoid impingement positions
- Scapular stabilization and postural training
- Isometrics rotator cuff strengthening begins when AROM near full
- Forward elevation
- External rotation
- Internal rotation

PHASE 3: BEGIN AFTER 1 MO POST-OP

Resisted plus continue Phase II; pendulums to warm up

- Resisted program/theraband
- Forward flexion
- External rotation, and internal rotation
- Shrugs/rows

POSTERIOR CAPSULAR STRETCHING AT ALL PHASES “SLEEPER STRETCH” EMPHASIZE POSTURE AND SCAPULAR RETRACION/ CONTROL IN PHYSICAL THERAPY