



## Subacromial Decompression

### Phase I – Immediate Post-Surgical (Week 1-2)

Goals:

- Restore non-painful range of motion (ROM)
- Prevent muscular atrophy and inhibition
- Decrease pain/inflammation
- Improve postural awareness
- Minimize stress to healing structures
- Independent with activities of daily living (ADLs)
- Wean from sling

Precautions:

- Care should be taken with abduction (with both active range of motion (AROM) and passive range of motion (PROM)) to avoid unnecessary compression of subacromial structures
- Creating or reinforcing poor movement patterns, such as excessive scapulothoracic motion with upper extremity elevation, should be avoided

Criteria for progression to Phase II:

- Full active and passive ROM
- Minimal pain and tenderness

#### Week 1-2

- ROM
  - Pendulums
  - PROM (non-forceful flexion and abduction)
  - Active assisted range of motion (AAROM)
  - AROM
  - Pulleys
  - Cane exercises
  - Self-stretches, including posterior capsule, upper trapezius and pectoralis major
- Strengthening
  - Isometrics: scapular musculature, deltoid, rotator cuff as appropriate
  - Isotonic: theraband internal and external rotation at 0 degrees of abduction
- Modalities
  - Cyrotherapy
  - Electrical stimulation and/or inferential current to decrease swelling and pain

### Phase II – Intermediate (Week 3-6)

Goals:

- Regain and improve muscular strength
- Normalize arthrokinematics
- Improve neuromuscular control of shoulder complex
- Continue to wean from sling if applicable



### Precautions

- Overhead activities
- Heavy lifting

### Criteria for progression to Phase III

- Full painless ROM
- No pain or tenderness on examination

### Week 3-6

- Exercises
  - Initiate isotonic program with dumbbells
  - Strengthen shoulder musculature – isometric, isotonic, Proprioceptive Neuromuscular Facilitation (PNF)
  - Strengthen scapulothoracic musculature – isometric, isotonic, PNF
  - Initiate upper extremity endurance exercises
- Manual Treatment
  - Joint mobilization to improve/restore arthrokinematics (if indicated)
  - Joint mobilization for pain modulation
- Modalities
  - Cryotherapy
  - Electrical stimulation

### **Phase III – Dynamic Strengthening (Week 6+)**

#### Goals:

- Improve strength, power and endurance
- Improve neuromuscular control
- Prepare athlete to begin to throw and perform similar overhead activities

### Week 6+

- High speed, high energy strengthening exercises
- Eccentric exercises
- Diagonal patterns
- Workplace ergonomics assessment and/or work hardening program as needed
- Exercises
  - Dumbbell strengthening (rotator cuff, deltoid)
  - Progress theraband exercises to 90/90 position for internal rotation and external rotation
  - Theraband exercises for scapulothoracic musculature and biceps
  - Plyometrics for rotator cuff
  - PNF diagonal patterns
  - Isokinetics
  - Continue endurance exercises

### **Criteria to Return to Sport**

- Surgeon clearance



- Pain free shoulder function, non-painful AROM
- Adequate active and passive range of motion necessary for required sport/activity
- Greater than 90% strength as compared to the non-operative shoulder