

## ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

### Immediate Postoperative Period

- Sling for comfort only
- PROM to tolerance
- AAROM (wand, 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)
- 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)