

This rehabilitation program is designed to return the individual to their full activities as quickly and safely as possible following a decompression surgery. Modifications to this guideline may be necessary dependent on physician specific instruction or other procedures performed. This evidence-based decompression guideline is criterion-based; time frames and visits in each phase will vary depending on many factors. The therapist may modify the program appropriately depending on the individual's goals for activity following a sub acromial decompression.

This guideline is intended to provide the treating clinician a frame of reference for rehabilitation. It is not intended to substitute clinical judgment regarding the patient's post-operative care based on exam/treatment findings, individual progress, and/or the presence of concomitant procedures or post-operative complications. If the clinician should have questions regarding post-operative progression, they should contact the referring physician.

**General Recommendations/Precautions:**

- Return to work as soon as restrictions accommodated by the patient's employer.

| Phase                                    | Suggested Interventions   | Goals/Milestones for Progression   |
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| <p><b>Phase I</b></p> <p>Weeks 0 – 2</p> | <p><i>Exercises:</i></p> <ol style="list-style-type: none"> <li>1. Pendulums</li> <li>2. Pulleys – flexion and abduction</li> <li>3. Active wrist and elbow ROM</li> <li>4. Cane exercises – AAROM</li> <li>5. Sub-max isometrics</li> <li>6. Rhythmic stabilization exercises (internal/external rotation, flexion/extension)</li> </ol> <p><i>Modalities:</i></p> <ol style="list-style-type: none"> <li>1. Cryotherapy for pain and swelling</li> <li>2. Manual for pain and muscle relaxation as well as normalized cervical and thoracic segmental mobility</li> </ol> | <p><i>Goals of Phase:</i></p> <ol style="list-style-type: none"> <li>1. Re-establish non-painful range of motion</li> <li>2. Prevent muscular atrophy</li> <li>3. Wean from sling</li> <li>4. Decrease pain and inflammation</li> <li>5. Improve postural awareness</li> <li>6. Independent with ADL's</li> </ol> <p><i>Criteria to Advance to Next Phase:</i></p> <ol style="list-style-type: none"> <li>1. Sutures are removed</li> <li>2. Near Full PROM</li> <li>3. 4/5 MMT arm at side with internal and external rotation</li> </ol> |

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| <p><b>Phase II</b></p> <p>Weeks 2 – 6</p>         | <p><i>Exercises:</i></p> <ol style="list-style-type: none"> <li>1. Isotonic strengthening program <ul style="list-style-type: none"> <li>-prone rowing, shoulder elevation, prone horizontal abduction, prone extension to neutral</li> <li>-Side lying external rotation, side lying abduction to 90 degrees</li> <li>-advance above exercises with dumbbells and thera band</li> </ul> </li> <li>2. Strengthen scapulo-thoracic musculature-isometric, isotonic, PNF</li> </ol> <p><i>Modalities:</i></p> <ol style="list-style-type: none"> <li>1. Continue with cryotherapy and manual Rx for pain and swelling control as needed</li> <li>2. Scar massage/mobility to ensure appropriate tissue healing</li> </ol> | <p><i>Goals of Phase:</i></p> <ol style="list-style-type: none"> <li>1. Regain and improve muscle strength</li> <li>2. Normalize arthrokinematics</li> <li>3. Improve neuromuscular control of shoulder complex</li> </ol> <p><i>Criteria to Advance to Next Phase:</i></p> <ol style="list-style-type: none"> <li>1. Full pain free AROM</li> <li>2. No pain or tenderness on exam</li> </ol> |
| <p><b>Phase III</b></p> <p>Weeks 6 and beyond</p> | <p><i>Exercise:</i></p> <ol style="list-style-type: none"> <li>1. Continue dumbbell strengthening of rotator cuff and deltoids</li> <li>2. Thera band exercises for scapulo-thoracic musculature and biceps</li> <li>3. Plyometric ex for rotator cuff <ul style="list-style-type: none"> <li>- 2 handed: chest pass, side to side throws</li> <li>- 1 handed: Wall dribbles, shovel and baseball throws</li> </ul> </li> <li>4. PNF</li> <li>5. Continued endurance exercises</li> </ol>   | <p><i>Goals of Phase:</i></p> <ol style="list-style-type: none"> <li>1. Improve strength, power and endurance</li> <li>2. Progressively increase activities to prepare for full functional return</li> <li>3. Patient will return to advanced functional activities</li> </ol>   |