

Acromioplasty/Subacromial Decompression (may have RTC debridement also)

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: Post-operatively 0-3 weeks

Goals for Phase I:

1. Shoulder PROM WFL
 2. Minimize pain and swelling
 3. Normal ROM of uninvolved joints
- A. Orthotics: Patient will be immobilized as per physician's discretion. Length of immobilization will vary from 2-4 weeks depending on involvement/physician's orders. If no RTC debridement was performed, sling should be DCed by end of 3 wks.
- B. ROM: Patient instructed in AROM for wrist/elbow of involved extremity. Begin PROM and pendulum exercises on 2nd day postoperatively. May begin AAROM as soon as pt tolerates (pulleys, transition to AROM when full AAROM present), wand exercises, UBC used for self PROM w/ assist of uninvolved UE and progressed to AAROM/AROM as tolerated.) etc.). Low intensity AROM may also be started beginning w/ S/L rotation when pain decreases and PROM improves. Active scapular retraction (shoulder blade pinches) should also be started during first postoperative PT visit.
Flexibility: Work to restore normal flexibility of shoulder, elbow/wrist.
- C. Modalities: Use for pain, inflammation, swelling control, and muscle re-education as needed.
- D. Soft tissue management: Wound monitoring, swelling control, scar massage
- E. May begin low intensity RTC and scapular strengthening w/out compensation if ROM is progressing and pain/inflammation is steadily subsiding after 2 wks.

Phase II: Weeks 4-8

Goals for Phase II:

1. Progressed from immobilizer
 2. Functional active/passive range of motion
 3. Functional strength
 4. ADLs with minimal difficulty
- A. Orthotics: Progressively eliminate use of shoulder immobilizer by beginning of week 4.
- B. ROM: Work to restore full ROM with, AAROM, AROM, & PROM.
- C. Flexibility: Work to restore normal flexibility of shoulder.
- D. Strengthening: PREs (theraband, tubing, free weights, cuff weights, etc. RTC and scapular stabilization exercises as tolerated.
- E. Conditioning: UBC as tolerated
- F. Functional activities: ADL's out of sling as tolerated, begin job related activities (lifting, pushing, pulling etc.);
- G. Modalities: Continue only as needed.

Phase III: 8 weeks to release

Goals for Phase III:

1. AROM
 2. Discharge/release to play or work
 3. Full Demonstrate good/normal strength/Biodex testing at 80%
- A. Continue strengthening/conditioning/functional activities as needed
- B. Biodex: Release to sports when involved arm 80% of uninvolved

