



Rehabilitation Protocol: Subacromial Decompression +/- Distal Clavicle Excision

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Progress from Passive to Active ROM as tolerated. Goals: FF= 140 degs ER= 40 degs at side IR= Behind back NO abduction or 90/90 ER until > 4wks.	0-2 weeks: Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums.
		2-4 weeks: Worn for comfort only.	No resisted exercises.
PHASE II 4 - 8 weeks	Increase A/AAROM as tolerated. Goals: FF= 160 degs ER= 60 degs at side IR= behind back and may add stretch at 90 degs abduction.	None.	Begin light isometrics for rotator cuff , peri-scapular muscles and deltoid with arm at side. Advance to Theraband exercises.
PHASE III 8 - 12 weeks	Progress to full active motion.	None.	Advance Therabands strengthening. May begin light weights. Begin functional sport/work specifics.
PHASE IV 3 - 6 months	Full painless motion.	None.	Plyometrics, proprioception, Return to previous activity level.

- If a biceps tenodesis was performed, no resisted biceps strengthening for 8 wks post-op
- If a distal clavicle excision was performed, horizontal adduction is restricted for 8 wks post-op

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LOCATIONS

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