



Advanced Orthopedic Specialists

Laith A Farjo, M.D.

2305 Genoa Business Park, Suite 170

Brighton, MI 48114

Phone: (810) 299-8550 Fax: (810) 844-0837

www.advancedortho.net

Arthroscopic Subacromial Decompression/ Distal Clavicular Excision Protocol (with or without debridement)

Phase I: 0-2 weeks

- Phase 1 focuses on restoring pain-free ROM, decreasing muscle atrophy and decreasing inflammation. It is important in this stage to protect tissue healing.

Immobilization: Sling 2-3 days following procedure per MD

ROM: PROM, AAROM and AROM exercises per patient's pain tolerance to improve shoulder flexion, extension, scaption, IR and ER
AROM for all scapular movements
Unlimited cervical elbow and wrist ROM

Strengthening: Begin with isometrics flexion and extension to neutral only, IR and ER; Progress to isotonics.
Unlimited scapular, elbow and wrist progressive exercises, but avoid distraction of GHJ during bicep curls
PNF scapular patterns with GH patterns as indicated and tolerated
Gentle weight shifts
T-band IR/ER at side

Joint mobilization/ Stretching of the Upper trapezius, levator scapulae, and cervical paraspinals.

Flexibility: Be sure to avoid inducing instability with stretching
Manual mobilizations PRN
Self mobilization for inferior distraction

Modalities: For pain control stress use of ice in home. Use of e-stim as necessary.

Precautions: Avoid impingement activities especially abduction
Avoid FWB activities (i.e. regular pushups)
Do not overload rotator cuff

Phase II: 2-4 weeks

- Phase 2 emphasizes neuromuscular control.

ROM: Progress AAROM and AROM for flexion, extension, scaption, IR and ER

Strengthening:

- Progress isotonics and begin scaption and adduction exercises
- Chest Press and mini military press
- Body Blade
- Weight shifts
- Ball on wall
- Plyometric wall pushups and rhythmic stabilizations
- Postural exercises PRN

Joint Mobilization/ PRN

Flexibility:

- May begin posterior shoulder/capsule stretch
- Progress from phase 1 and include pectoral stretching

Modalities: PRN

Precautions: Avoid impingement, and FWB activities

Phase III: 5 weeks +

- Phase III focuses on return to work as determined by MD and return to sports at 1-3 months from surgery.

ROM: Unlimited AROM with exception of abduction in frontal plane

Strengthening:

- Progress to more sports specific activities
- Include eccentrics
- Advance ER to positions with more scaption
- Stress RC endurance
- Emphasize Diagonals
- Progress stabilization exercises from Phase II

Joint Mobilization/ PRN

Flexibility:

Modalities: PRN

Precautions: Avoid impingement, watch for inflammation and do not overwork the RC.