

Subacromial Decompression

PHYSIOTHERAPY PRESCRIPTION:

Begin therapy within 2 weeks of surgery

RECOVERY / RECUPERATION PHASE: WEEKS 1 – 4

If biceps tenodesis done, NO ACTIVE resisted biceps exercises for 1st 6 weeks.

- Elbow A/AROM: flexion and extension.
- Anti-Inflammatory Modalities PRN.
- Wrist and gripping exercises, codman's, pendulums, pulleys, cane assistive ROM.
- Biceps (no if tenodesis) / triceps isotonics
- Scapular stabilization exercises
- Cardiovascular training as tolerated
- Discontinue sling as tolerated
- Posterior capsular stretch after warm-up
- Active and active assist ROM as tolerated

WEEKS 4 – 10

- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR ./ ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's (at 6 weeks if tenodesis)
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin about week 6
- Plyometrics

WEEKS 10-16

- Trunk exercises for sports specific activities (tennis, golf, skiing etc)
- Aggressive upper extremity PREs
- Plyometrics: continue and advance
- Progress PREs from side for overhead athletes