

# Subacromial Decompression Protocol

	Phase I: weeks 1-4	Phase II: 5-8 weeks	Phase III: 9-12 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT</li> <li>• Discontinue sling at 1-2 weeks (may continue sling while sleeping as needed until 4 weeks after surgery)</li> </ul>		
Aerobic	<ul style="list-style-type: none"> <li>• Stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>• Begin walk-jog-run progression</li> </ul>	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Progress PROM to AAROM to AROM as tolerated</li> <li>• ROM Goals               <ul style="list-style-type: none"> <li>▸ 140° forward flexion</li> <li>▸ 40° ER at side</li> </ul> </li> <li>• No resisted ROM exercises</li> <li>• No abduction-rotation exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Increase AROM in all planes (may provide passive stretch/assist at end-ranges of AROM)</li> <li>• ROM Goals               <ul style="list-style-type: none"> <li>▸ 160° forward flexion</li> <li>▸ 60° ER at side</li> </ul> </li> <li>• With arm at side, begin light isometric exercises for rotator cuff, scapular stabilizers, and deltoid (advance to bands as tolerated)</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to advance from exercises in Phase II</li> <li>• ROM as tolerated</li> <li>• Advance strengthening as tolerated from isometrics to bands to weights</li> <li>• Perform strengthening exercises no more than 3 days per week</li> <li>• Begin eccentrically resisted strengthening, plyometrics, and closed-chain exercises</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Heat before and/or ice after PT sessions as needed</li> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protection of tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Advance ROM</li> <li>• Begin strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Restore full and symmetric ROM</li> <li>• Advance strengthening</li> <li>• Begin plyometrics</li> </ul>