

## Subacromial Decompression Arthroscopic Debridement

Sling for comfort, discontinue as tolerated.

May advance rehabilitation as rapidly as motion and pain allow.

### **Phase 1 – PASSIVE**

*Pendulums to warm-up and passive ROM*

Week 1

Elbow/wrist/hand AROM  
Begin active scapular retraction/protraction exercises with therapist cueing  
PROM and AAROM as tolerated  
Supine External Rotation – Full  
Supine Forward Elevation - Full  
Supine Internal Rotation - Full

### **Phase 2 – ACTIVE**

*Pendulums to warm-up  
Active ROM with terminal stretch to prescribed limits*

Week 2

Supine → Seated Forward Elevation  
Supine → Seated External Rotation  
Internal Rotation

### **Phase 3 – RESISTED**

*Pendulums to warm up and continue with phase 2*

Week 3

External and Internal Rotation  
Standing forward punch  
Seated Rows  
Bear Hugs

### **Weight Training**

Week 6

Light bicep curls/resisted supination gradually progressed to pre-morbid levels  
Keep hands within eyesight, keep elbows bent  
Minimize overhead activities  
(No military press, pull-down behind head, or wide grip bench)

### **Return to Activities**

Computer	1-2 weeks
Golf	4 weeks
Tennis	8 weeks
Contact Sports	4 months
Several months post-op	Late Terminal Stretching