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Rehabilitation Protocol Subacromial Decompression

Phase 1: Early ROM (0 - 4 weeks)

- May remove dressing and shower post-op day #2.
- Sutures will be removed by surgeon in 7-10 days.
- Ice or cold flow system encouraged for the first week at a minimum: should be 3-4 times per day.
- Sling should be worn for the first week.
- Scapular ROM exercises
- Initiate shoulder exercise program 3 times per day:
 - AAROM: pulleys, wand and supine gravity assisted ROM.
 - Progress PROM and capsular stretching as tolerated.
 - Immediate elbow, forearm and hand ROM
 - May start shoulder isometrics as pain improves

Phase 2: Restore Function (>4 weeks)

- Progress PROM and capsular stretching as tolerated
- Equate active and passive ROM
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.). Avoid positions of impingement.
- Progress to functional activities as tolerated.

RETURN TO ACTIVITIES

Computer	as tolerated
Driving	When no longer taking narcotics
Golf	12 weeks
Weight training	12 weeks
Tennis	12 weeks
Contact Sports	12 weeks