



Subacromial Decompression Rehabilitation Protocol

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Diagnosis: Right / Left Subacromial Decompression _____

Date of Surgery: _____

Weeks 0-4 (Phase I):

- D/C sling at 1-2 weeks post op; sling only when sleeping if needed
- PROM → AAROM → AROM as tolerated
- No abduction-rotation until 4 weeks post op
- No resisted motions until 4 weeks post op
- ROM goals: 140° forward flexion/40° ER at side
- Heat before PT sessions, ice after PT sessions; other modalities per PT discretion
- With a distal clavicle resection hold cross-body adduction until 8 weeks post op; otherwise all else is the same in this rehab program

Weeks 4-8 (Phase II):

- D/C sling if not done previously
- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals 160° forward flexion/60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- Modalities per PT discretion

Weeks 8-12 (Phase III):

- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade) and closed chain exercises