



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Shoulder Arthroscopy with Subacromial Decompression Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 0-3 Weeks Post-op

Range of Motion

- Restore ROM (as tolerated)
- AROM and PROM as tolerated

Sling

- Sling for comfort, remove as desired for hygiene, exercises, or other activities

Therapeutic Exercise

- Codman's Pendulums

- Scapular exercises
- Elbow, wrist, hand ROM
- Ball squeezes
- For Biceps Tenodesis: No Active elbow flexion until 3 weeks (AAROM ok)

Phase II: 3-6 Weeks Post-op

Range of Motion

- Progress PROM
- Pool Therapy if available for AAROM and AROM

Sling

- Wean from sling

Therapeutic Exercise

- Supine AAROM progressing to AROM
- Light scapular strengthening (retraction/protraction), shoulder shrugs, scapular setting
- Gentle joint mobilization and soft tissue mobilization
- For Biceps Tenodesis: Begin active elbow flexion against gravity, no strengthening until 8 weeks

Phase III: 6-12 Weeks Post-op

Range of Motion

- Progress to full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Stretching, mobs, ROM exercises
- Rotator cuff strengthening exercises
- Progress supine to seated to standing AROM
- Progress pool based AAROM if available
- Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids
- Progress with Theraband exercises slowly to tolerance
- Begin to add sport and job specific activities

Phase IV: 12-24 Weeks Post-op

Range of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Progress to tolerance
- No restrictions