



**REHABILITATION PROTOCOL: ARTHROSCOPIC SUBACROMIAL  
 DECOMPRESSION/DISTAL CLAVICLE EXCISION**

**Phase I (Weeks 0-4)**

- Sling immobilization for comfort **Weeks 0-2** – Discontinue sling use at 2 weeks
- **Range of Motion** –PROM -> AAROM -> AROM as tolerated
  - o Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
  - o No abduction-external or internal rotation (90/90) until 4-8 weeks post-op
- **Therapeutic Exercise**
  - o Codman’s/Pulleys/Cane
  - o Elbow/Wrist/Hand Range of Motion
  - o Grip Strengthening
  - o No resistive exercises
- Heat/Ice before and after PT sessions

**Phase II (Weeks 4-8)**

- **Range of Motion** – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated
  - o Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching
- **Therapeutic Exercise**
  - o Begin light isometrics with arm at the side for rotator cuff and deltoid
  - o Advance to therabands as tolerated
  - o Passive stretching at end range of motion to maintain shoulder flexibility
- **Modalities per PT discretion**

**Phase III (Weeks 8-12)**

- **Range of Motion** – Progress to full AROM without discomfort
- **Therapeutic Exercise** – Advance strengthening as tolerated
  - o Isometrics -> therabands -> weights
  - o Begin eccentrically resisted motions, closed chain exercises and plyometrics
  - o 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- **Modalities per PT discretion**

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**      **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Diagnosis**

\_\_\_\_\_  
**Date of Surgery**