

ARTHROSCOPIC SUBACROMIAL DECOMPRESSION/SHOULDER DEBRIDEMENT PHYSICAL THERAPY REFERRAL

Patient Name: _____ Date: _____

PT/OT 2-3 visits per week for 8-12 weeks

Immediate Postoperative Period

- Sling for comfort only
- PROM to tolerance
- AAROM (wand, self-stretch)
- Ice 3-4x daily

7 Days-2 Weeks (Goal: Full PROM)

- Discontinue sling
- **NO Upper Body Exercises**
- Isometrics for all shoulder motions within pain-free ROM
- AROM: impingement exercises without resistance (standing ABD, FE, supraspinatus exercises <90°, sidelying IR< ER; prone horizontal abduction, extension, flexion)
- Ice following exercises

3 Weeks (Goal: full AROM)

- PRE: hand weights or theraband resistance within pain-free ROM
- Impingement exercises
- Scapulothoracic exercises
Wall push-ups, supine punch-ups, IR and ER motion
Rowing, Shrugs, Press-ups, Prone scapular retraction with horizontal abduction

4 Weeks (exercises should be pain-free)

- Progress PREs with ice following exercises
- Add CKC exercises (step ups, BAPS, treadmill; STAB exercises)
- Add manual resistive exercises (PNF, rhythmic STAB, eccentrics)
- Add isokinetic rotation and neutral ABD

6 Weeks (Full pain free ROM)

- Add plyometrics (medicine ball, theraband, plyoback)
- Resume sport specific activities (progression toward full activity)

Signature _____ Date _____

Renew Therapy _____ Date _____