FOX VALLEY ORTHOPEDICS
ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

PHASE I
Week 1-2

- PROM, AROM
    PROM, AROM all planes as tolerated
    Pulley, wand exercise, wall slides- all planes
- Strengthening- focus on achieving good scapular control to prevent impingement
    Initiate GHJ isometrics all planes
    Initiate scapular stabilization strengthening- scapular retraction (progress to prone / seated rows); serratus in supine
    Initiate biceps / triceps
    Initiate IR / ER with tubing (week 2)
- Stretching
    Posterior capsule stretching
- Manual techniques
    Soft tissue massage- posterior capsule, upper trapezius
    Cross friction massage incision sites
    Scapular, ACJ mobilization
    Posterior capsule stretching
    Initiate supine rhythmic stabilization at 90 supine (week 2)
- Modalities
    Ice, electrical stimulation

PHASE II
Week 3-6

- PROM, AROM
    Continue PROM to achieve full ROM (Full ROM desired by 6 weeks)
    Continue AAROM exercises as necessary
- Strengthening (Begin the following exercises when appropriate as patient achieves improved GHJ control)
    Initiate UBE with resistance
    Initiate flexion, scaption
    Initiate sidelying ER and chest press
    Initiate prone horizontal abduction and extension
    Progress scapular strengthening to push-up with plus progression
- Stretching
    Posterior capsule / IR towel stretch
    Pectoralis stretching

ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

- Manual techniques
    Soft tissue massage
    Scapular, GHJ mobilization
    Posterior capsule stretching
    Progress rhythmic stabilization to quadruped / seated and various planes
    PNF patterns
- Modalities
    Ice, electrical stimulation

PHASE III
Week 7-10
- AROM
- Strengthening
    Continue strengthening exercises from previous phases increasing resistance and repetitions
    Initiate ER with tubing at 90 / 90
    Initiate bench press, lat pulldown
    PNF patterns with tubing
- Stretching
    Continue posterior / inferior capsule, pectoralis stretching as necessary
- Manual techniques
    Scapular, GHJ mobilization
    Posterior capsule stretching
    Continue PNF patterns
- Modalities as necessary