



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