



James S. Kercher, M.D.
Sports Medicine, Shoulder &
Knee Surgery, Cartilage Restoration

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
 - + Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching
 - + No abduction-external or internal rotation (*90/90*) until 4-8 weeks post-op
- Therapeutic Exercise
 - + Codman's/Pulleys/Cane
 - + Elbow/Wrist/Hand Range of Motion
 - + Grip Strengthening
 - + 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
 - + 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
 - + Begin light isometrics with arm at the side for rotator cuff and deltoid
 - + Advance to therabands as tolerated
 - + 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
 - + Isometrics -* therabands 4 weights
 - + Begin eccentrically resisted motions, closed chain exercises and plyometrics
 - + 8-12 repetitions of 2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - + Modalities per PT discretion