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ARTHROSCOPIC SUBACROMIAL DECOMPRESSION (ACROMIOPLASTY) and/or DISTAL CLAVICLE RESECTION REHAB PROTOCOL (Stable Shoulder – Intact Rotator Cuff)

Last Revised: Oct 2012

Introduction

- **Goal: Develop and maintain full pain free range of motion (ROM) of the shoulder.**
- **No muscles are detached during the surgery; therefore, the only restriction to ROM is to avoid the position of shoulder impingement.**

Phase I – Immediate Motion (0 to 14 days)

- **Goals:**
 - **Begin initial motion to prevent stiffness.**
 - **ROM: flexion 140°, abduction 90°.**
- **Exercises: (patient to perform independently at home)**
 - **Begin pendulum exercises.**
 - **Teach ROM exercises for the elbow, wrist and digits.**
 - **Putty for hand and grip strength.**
 - **Pulley exercises: flexion to 90°, slowly progress flexion to 140°**
 - **Active Assisted ROM (AAROM): flexion and extension with cane.**
 - **IR and ER – begin with shoulder adducted (elbow at side). Slowly progress to 45° of abduction and then 90° of abduction with IR/ER.**
- **Modalities to control inflammation and pain (ice, TENS, US, etc).**

Phase II – Intermediate Phase (2 to 6 weeks)

- **Goals:**
 - **Increase AAROM to near complete ROM (flex 180, abd 180, etc)**
 - **Basic strengthening (flex 4/5, abd 4/5)**
 - **Eliminate pain and inflammation**
- **Exercise: (Work within pain-free range of motion)**
 - **Begin strengthening exercises of rotator cuff and scapular stabilizers**
 - **Begin with isometrics (shoulder: flex, abd, add, ext, IR, ER & elbow: flex/ext/sup/pron). Shoulder circumduction, shrugs, etc.**
 - **Progress to dynamic motion with exercise tubing**
 - **Limit active resisted abduction and flexion to <90 degrees**
 - **Shoulder IR, ER, flex, ext, abd, add**
 - **Elbow flexion and extension, rows/presses, PNF patterns**

Phase III – Dynamic Strengthening (6 to 12 weeks)

- **Goals:**
 - **Ensure Full AROM**
 - **Progressively increase strength/power/endurance**
 - **Gradual return to functional activities**
- **Exercise: (Advance as tolerated)**
 - **Progressive strengthening of rotator cuff and scapular stabilizers**
 - **All strengthening should be within the PAIN FREE range of motion. Good posture should be emphasized to maintain shoulder in optimal position to avoid impingement.**
 - **Aggressive shoulder capsular stretching, emphasizing the posterior capsule. Arm stretched into horizontal adduction.**
 - **Wall pushups/Incline pushups**
 - **Chair dips**
 - **Total gym**
 - **UBE for endurance**
 - **Swiss Ball**
 - **Body blade**
 - **Lat pulldown machine (50% max)**
 - **Seated rows (50% max)**
 - **Biceps curls**
 - **Triceps pressdowns**

Discharge (12+ weeks)

- **Discharge Criteria:**
 - **Full painless active range of motion**
- **Goal:**
 - **Unrestricted activity.**
 - **Maintain normal motion and function.**
- **Teach home program of shoulder strengthening and posture to prevent impingement.**
- **Can begin interval golf, tennis, or throwing program as attached handouts describe.**



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