

SHOULDER

Arthroscopic Subacromial Decompression (SAD)

Surgery Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the operative note and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Weeks 0 – 2: Period of Protection | No Formal PT

Sling

- For comfort; wear as symptoms allow.

Range of Motion

- Early gentle shoulder motion as tolerated (no universal restriction after an isolated decompression). If another procedure was performed at the same time, that procedure's restrictions govern.

Phase I (Weeks 2 – 6)

Sling

- Discontinue

Range of Motion

- Shoulder and elbow PROM/AAROM/AROM as tolerated
 - No abduction-ER or abduction-IR (90/90) until week 4

Exercise

- Pendulums and grip strengthening, begin closed chain scapula, deltoid/cuff isometrics, scapula protraction/retraction

Modalities

- Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

Range of Motion

- Full

Exercise

- Advance strengthening; begin eccentrically resisted motions and closed chain exercises
 - Begin work and sport specific exercises as tolerated

Phase III (Weeks 12+)

Exercise

- Advance as tolerated

Return to Activity

- Consider return to competitive sports, including contact sports by 3 months, if approved