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SHOULDER ARTHROSCOPY SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	10 lb weight restriction week 0-2 20 lb weight restriction week 2-4	Sling for comfort (1-2 days), then discontinue	Passive to Active shoulder ROM as tolerated <ul style="list-style-type: none"> - (140 deg forward flexion) - 40 deg ER with arm to side - IR to back - 	<ul style="list-style-type: none"> - Pendulums, active and passive ROM - Avoid abduction and 90/90 ER until 8 weeks - No cross body adduction for 8 weeks
<i>PHASE II</i> <i>4-8 weeks</i>	WBAT	None	Advance as tolerated <ul style="list-style-type: none"> - Goal FF 160 deg, ER to 60 deg 	<ul style="list-style-type: none"> - Begin isometric excercises - Progress deltoid isometrics - ER/IR (submaximal) at neutral -theraband exercises
<i>PHASE III</i> <i>8-12 weeks</i>	WBAT	None	Full	<ul style="list-style-type: none"> -Strengthening as tolerated (3x per week) - Begin eccentricly resisted motion and closed chain activities - Begin cross-body adduction