



# Sports Medicine

## University of Colorado

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### Shoulder Arthroscopy: Subacromial Decompression/Debridement/Distal Clavicle Resection Rehab Protocol

#### POST OPERATIVE MANAGEMENT

- Pain control with anti-inflammatories and ice
- Sling x4 weeks for comfort only

#### Week 0-2:

- Modalities as needed
- Sling until follow up with doctor
- RC isometrics into flexion, extension, abduction, adduction, IR/ER in neutral
- Scapular ex's – elevation with shrugs, depression, protraction, retraction with manual resistance
- PROM with shoulder pulleys
  - **Flexion to 90°**
  - **Abduction to 90°**
  - **IR to 90°**
  - **ER to 45°**
- Avoid horizontal adduction stretching for 6 weeks with Distal Clavicle Resection

#### Week 3:

- Cont. as above
- Begin AAROM ex's supine or standing with wand or wall walks
- RC ex's IR/ER with T-band or tubing with arm abducted 20-30°

#### Week 4:

- Cont. as above
- Advance ROM as tolerated
- Begin isotonic for Core RC strengthening. Advance the weight on all ex's to 6-8lbs, 5-6 sets of 15-20 reps
  - **Flexion with thumb up** – arm at 90°, flex arm forward fully, 12 O'clock position
  - **Abduction to 100° with thumb up** -- arm at 90° in prone, abduct arm into scapular plane level with body, 2 O'clock position for right handed patients
  - **Extension with arm at max ER** – arm at 90° in prone, extend arm to level of body, 6 O'clock position
  - **Scaption to 90°** thumb pointing up, elevate arm in plane of scapula (empty can position)
  - **Scaption to 60°** thumb pointing down, elevate arm same as above but stop at 60°
  - **Standing or Side lying ER** externally rotate arm in 20-30° abduction (pillow helps with position)
- Begin isotonic for peri-scapular strengthening progress as heavy as tolerated
  - **Elevation** – continue with shrugs vertical motion only do not roll shoulders
  - **Depression** – seated press ups hands at hips flat on floor, elbows locked, lift bottom off floor while moving only from scapulas, (not a dip motion), use hand blocks to increase height when able
  - **Protraction** – supine – 2" punches – arm flexed to 90°, elbow locked, motion is from scapula as arm is "punched" forwards, use hand weights, move to push ups with a plus (push up position and perform same movement with body weight) when able

- **Retraction** – *prone rows* arm at 90°, elbow locked out or bent to 90°, use hand weight and retract scapula pinching them together
- Proprioception ex's – rhythmic stabilization, physioball balance ex's etc

Week 6:

- Cont. as above
- Full pain free ROM
- Begin conventional weight lifting with machine weights and progress slowly to free weights as desired
- Full ROM isokinetics (throwing wand for throwers) and advance to higher speeds when able

Week 8:

- Cont. with strengthening
- Begin interval throwing program if strength test passed

**Criteria for discharge:**

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician