

## **POST-OP Shoulder Arthroscopy, Subacromial Decompression Instructions and Therapy Protocol**

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Office Contact Number: 203-758-1272

### **Instructions**

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed. Usually you will need the sling for 1 week.
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower over the wound. Be gentle.

### **Dressing**

- ✓ Keep your dressing clean and dry. Cover for washing until you remove it.
- ✓ You may remove the entire bandage in 5 days after surgery. After removing the dressing, the incisions can get wet in the shower. Apply band-aids over the incision during the day as needed.

*To reduce the risk of infection:*

- **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
- **DO NOT apply any antibiotic or other ointments, gels, or creams**
- **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

### **Medications**

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

### **Follow-Up**

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The sutures will be removed at that time.

Please call the office number above with any questions or concerns following surgery.

**THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD**

## **Shoulder Arthroscopy, Subacromial Decompression Post-Op Therapy Instructions**

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Patient Name \_\_\_\_\_ Date of Surgery \_\_\_\_\_

Diagnosis \_\_\_\_\_ Type of Repair \_\_\_\_\_

**\* NOTE: This protocol can be used with biceps tenodesis and distal clavicle excision procedures as well.**

### **Week 1: Goals = Control pain, prevent stiffness**

Wean off of prescribed medication. May substitute Tylenol or Ibuprofen

#### **Exercises to perform 4-5 x day, 7 days/week**

Pendulums (start on 1<sup>st</sup> day of therapy)

Elbow, wrist, hand ROM

Begin gentle Passive → Active-Assisted ROM

***Stay in sling when not performing exercises x 1 week***

### **Week 2-4: Goals = Regain motion**

Remove sling

Passive → Active-assisted → Active ROM with goals of full FF / ER by week 4

*Avoid abduction-rotation and resisted motions until 4 weeks*

*If distal clavicle excision was performed, avoid cross-body adduction until 8 weeks*

### **Week 4-8: Goals = Full motion, Begin strengthening (\*wait until 5 weeks for strengthening if biceps tenodesis was performed)**

Continue ROM exercises if not achieved full Active ROM\*

\*Goal of 160 FF and 60 ER or equal to unaffected side

Passive stretching at end range of motion if full motion achieved

Begin gentle isometric strengthening of rotator cuff and deltoid

Progress to thera-bands as tolerated

Begin retraining of scapula

### **Week 8-12: Goals = Strengthen muscles, Return to sports or heavy labor**

Full AROM as tolerated

Passive stretching at end range of motion

Strengthening: bands → light weights (avoid over-training to prevent tendonitis, may limit to 3x/week)  
Progress to eccentric strengthening and closed-chain exercises in preparation for return to full activities