

## Rehabilitation Protocol: **Subacromial Decompression +/- Distal Clavicle Excision**

	<b>RANGE OF MOTION*</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 4 weeks</b>	Progress from PROM to AROM as tolerated. Goals: FF= 140° ER= 40° at side IR= Behind back  NO abduction or 90/90 ER until > 4 weeks.	0-2 weeks: Worn at all times except for hygiene and therapeutic exercise.  Wean out of sling at 2 weeks as tolerated.	Elbow/wrist/hand ROM, grip strength.  Pendulums.  No resisted exercises.
<b>PHASE II 4 - 8 weeks</b>	Increase A/AAROM as tolerated. Goals: FF= 160° ER= 60° at side IR= behind back and may add stretch at 90° abduction.	None.	Begin light isometrics for rotator cuff, peri-scapular muscles and deltoid with arm at side. Advance to Theraband exercises.
<b>PHASE III 8 - 12 weeks</b>	Progress to full active motion.	None.	Advance Therabands strengthening.  May begin light weights.  Begin functional sport/work specifics.
<b>PHASE IV 3 - 6 months</b>	Full painless motion.	None.	Plyometrics, proprioception, sport specifics.  Return to previous activity level as tolerated.

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\*If a distal clavicle excision was performed, horizontal adduction is restricted for 8wks post-op.