

# Neofitos Stefanides, M.D., P.C.

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Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## REHAB SHOULDER ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

### Phase I (Weeks 0-4)

Sling immobilization for comfort **Weeks 0-2** – Discontinue sling use at 2 weeks

Range of Motion –PROM →AAROM → AROM as tolerated

○ Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching

○ No abduction-external or internal rotation (90/90) until 4-8 weeks post-op

Therapeutic Exercise

○ Codman's/Pulleys/Cane

○ Elbow/Wrist/Hand Range of Motion

○ Grip Strengthening

○ No resistive exercises

Heat/Ice before and after PT sessions

### Phase II (Weeks 4-8)

Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated

○ Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching

Therapeutic Exercise

○ Begin light isometrics with arm at the side for rotator cuff and deltoid

○ Advance to therabands as tolerated

○ Passive stretching at end range of motion to maintain shoulder flexibility

Modalities per PT discretion

### Phase III (Weeks 8-12)

Range of Motion – Progress to full AROM without discomfort

Therapeutic Exercise – Advance strengthening as tolerated

○ Isometrics → therabands → weights

○ Begin eccentrically resisted motions, closed chain exercises and plyometrics

○ 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers

Modalities per PT discretion

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## Comments:

Frequency: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks