

Arthroscopic Subacromial Decompression Protocol

	<u>BICEPS TENODESIS PRECAUTIONS:</u>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: auto;"> <small>Only follow if checked</small> </div>	<ol style="list-style-type: none"> 1. No Resisted elbow flexion for 8 weeks 2. No Resisted shoulder flexion for 8 weeks 3. No Lifting of anything over 1 to 2 pounds for 8 weeks.

General Principles

1. Control pain and inflammation
2. Prevent negative effects of immobilization
3. Progress patient as tolerated
4. Increase ROM to **full AROM and PROM by 4 – 6 weeks**

I. Phase I – Immediate Motion Phase (Weeks 1 –2)

A. Week 1 (Active Assisted)

1. Sling for comfort (Wean from sling after 7 days post op)
2. Pendulum
3. PROM (to patient tolerance)
4. AAROM (begin rotation exercise at 0° ABD and progress to 90°)
 - a. Supine flexion
 - b. Supine ER with stick
 - c. Pulley (to patient tolerance)
 - d. Standing Extension with stick (only for intact rotator cuff)
5. Scapular retractions
6. Grip and Wrist strengthening
7. AROM: cervical, elbow, wrist, and hand

B. Week 2 (AROM and isometrics)

1. Continue PROM/AAROM
2. Pulley: flexion, abduction, and eccentric control
3. AROM:
 - a. Supine Flexion with stick
 - b. Supine Flexion single arm
 - c. Sidelying ER
 - d. Prone Extension
 - e. Slide arm up wall
4. RROM:
 - a. Biceps curls with dumbbells (as long as no biceps precautions)
 - b. Triceps extension (theraband or cable cross)
 - c. Wrist strengthening all directions
5. Begin isometrics: (submaximal)
 - a. ER, IR, ABD, Flex, Ext

II. Phase II – Intermediate Phase (weeks 3 – 6)

A. Week 3 (Advanced Stretching and Isotonic Strengthening)

Goals: Full AROM should be achieved by 4 weeks

1. Continue above exercises
2. Stretching (avoid painful impingement)
 - a. Posterior/Inferior capsule stretch
 - b. Joint mobilizations
 - c. IR stretch with towel
 - d. Standing 90/90 in corner
 - e. Hand over the door hang
 - f. Supine ER stretch progress to 90° ABD
3. AROM (Add light weight when patient can perform 10 reps without pain)
 - a. Supine IR/ER
 - b. Standing flexion
 - c. Standing Supraspinatus
 - d. Prone Extension, ABD (thumb up and down), ER, and Rows
 - e. Standing Abduction to 90°
 - f. Single arm pulldowns (assist scapular upward rotation)
4. RROM
 - a. Serratus anterior punches
 - b. PNF D2 rhythmic stabilization with isometric holds
 - c. Scapular retractions with theratube
5. UBE low resistance (**week 3-4**)
6. Theraband IR, ER, Ext, ABD, and Flex (**week 3-4 if pain free**)

III. Phase III – Dynamic Strengthening Phase (Week 6 through discharge; can start at week 4 if pain free)

Goals: Return to sports-specific skills or light work duties at 6 – 8 weeks

A. Week 4 to 6 (Dynamic Resistive Exercise) should be pain free

1. Continue above exercises as needed
2. UBE high resistance
3. Progress theraband resistance and shoulder angles
4. PNF D2 manual resistance, progress to theraband
5. Push ups (progress from wall, counter, on knees, regular)
6. Bodyblade

B. Advanced Strengthening (week 6 - 8 if needed)

1. Conditioning
2. Plyometrics (progress from double arm to single arm)
3. Proprioception, Coordination/Timing