

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Subacromial Decompression/Arthroscopic Debridement Protocol

General:

- Sling for comfort, discontinue as tolerated.
- May advance rehab as rapidly as motion and pain allows

Phase 1 – Passive

Week 1:

- *Pendulums to warm up beginning week 1*
- *Passive range of motion*
- Begin active scapular retraction/protraction exercises with therapist cueing
- PROM and AAROM as tolerated
- Supine External Rotation – Full
- Supine Forward Elevation – Full
- Supine Internal Rotation - Full

Phase 2 – Active

Week 2:

- *Pendulums to warm-up*
- *Active range of motion with terminal stretch*
- Supine to Start -> Seated External Rotation
- Supine to Start -> Seated Forward Elevation
- Internal Rotation

Phase 3 – Resisted

Week 3-6:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs/Bear Hugs

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Weight Training

Week 6:

- Keep hands within eyesight, Keep elbows bent.
- Minimize overhead activities
- (No military press, pull-downs behind head, or wide grip bench)
- Gradual progression of resistance controlling velocity, duration, intensity and frequency

Return to Activity

Computer 1-2 weeks

Golf 4 weeks (chipping and putting), 2 months (full swing)

Tennis 2 months

Contact Sports 4 months

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