



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

ARTHROSCOPIC SHOULDER SURGERY: SUBACROMIAL DECOMPRESSION WITH / WITHOUT DISTAL CLAVICLE EXCISION

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

___ **Evaluate and Treat** ___ **Provide patient with home program**

Frequency: _____ x/week x _____ weeks

Subacromial Decompression (SAD): <i>If this was done, avoid abduction x 6 wks</i>
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-and/or-

Distal Clavicle Resection (DCR): *If this was done, avoid cross-body adduction x 8wks*

Phase I (0-4 wks): *Period of protection: Sling is worn for 1-2 weeks, then only for comfort at night. No strengthening until after this phase to prevent irritation to subacromial space and/or AC joint.*

Weeks 0-1: Formal PT is not mandatory.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4: Begin formal PT (2-3 x/wk).

- D/C sling.
- ROM:
 - **Shoulder:** Advance PROM → AAROM → AROM in all planes as tolerated (*exceptions: abduction and cross-body adduction depending on procedures performed (see above)*).
 - Goals: full AROM if possible
 - **Elbow:** PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated
 - Goals: full passive ROM (flex/ext)
- Strengthening: None, except grip strengthening.

Phase II (4-8 wks): *Advance motion and begin strengthening.*

- ROM: Advance AROM for elbow and shoulder in all directions with passive stretching at end ranges.
 - *If SAD performed, avoid abduction until after 6 wks.*
 - *If DCR done, avoid cross-body adduction until after 8 wks.*
 - Goals: full AROM elbow and shoulder by 8-10 wks.
- Strengthening (only 3x/wk to avoid cuff tendonitis):
 - Start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

Phase III (8-12 wks): *Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.*

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)



__Phase IV (3-6 months): *Transition to sport-specific/occupation-specific rehab.*

- ROM: Continue aggressive passive stretching at end ranges.
- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Maintain light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
 - Advance eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - Sports-related rehab and advanced conditioning
 - @ 4.5 months, may throw from the pitcher's mound
 - @ 6 months, return to collision sports
 - Heavy labor once full-strength/MMI reached (usually by 6 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient __ would __ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD