



**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): *If this was done, avoid abduction x 6 wks***

**-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**