



ADVANCED ORTHOPAEDIC SPECIALISTS

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Subacromial Decompression/Distal Clavicle Excision; Labral Debridement Rehabilitation Protocol

	Range of Motion	Immobilizer	Avoid	Therapeutic Exercise*
Phase I 0 - 4 Weeks <i>Start AFP 1x/week @ week 2</i>	PROM Goal: Flexion to 180° ER to 90° IR to 90°	0-2 Weeks: Sling to be worn for comfort only 2-4 Weeks: Discontinue use of sling	Avoid lifting, pushing or pulling anything that weighs more than a coffee cup	Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, Codman's, passive shoulder ROM as pain allows. NO resisted motions
Phase II 4 - 8 Weeks	AROM Goal: Flexion to 180° ER to 90° IR to 90°	None	Sudden strenuous activity	Begin light isometrics with arm at side, rotator cuff and deltoid. Advance to therabands as tolerated, passive stretching at end ranges to maintain flexibility.
Phase III 8 - 12 Weeks	Progress to full active motion without discomfort	None	None	Advance strengthening as tolerated, begin eccentrically resisted motions, and closed chain activities

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

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