

POST-OPERATIVE REHABILITATION PROTOCOL ARTHROSCOPIC SUBACROMIAL DECOMPRESSION



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RATIONALE:

This protocol is designed with the goals of: 1) restoring pain-free motion, 2) restoring pain-free function. This protocol emphasizes a self-directed home exercise program. The Therapist and patient will determine the optimum interval and frequency of visits based on individual patient needs.

IT IS CRITICALLY IMPORTANT THAT THE PATIENT PERFORM THE EXERCISES AS DIRECTED. NOT PERFORMING THE EXERCISES WILL LEAD TO A SUB-OPTIMAL RESULT FROM THE SURGERY.

Exercises are best performed 2 - 3 times per day, for a 5 – 10 minutes at a time; they are more effective when performed in short bursts rather than a single longer session.

Weeks 1 - 6

PRECAUTIONS:

- No strengthening exercises
- No lifting objects > 5 lbs
- All range of motion exercises should be progressed as tolerated, as post-operative swelling and discomfort allow
- Emphasize slow, steady improvement each and every day – do not attempt large “heroic” improvement on any one given day.

EXERCISES:

- Pendulum/Codman's exercises for dressing activities, personal hygiene
- Passive Range of motion exercises, all planes
- Active Assist range of motion exercises, progress to Active ROM as tolerated; emphasize early use of pulley exercises to facilitate
- Scapular Retraction with arms at side and
- Scapular Kinematics exercises
- Elbow, wrist, finger exercises

Weeks 6 – 12

EXERCISES:

- Continue passive, active ROM exercises as necessary to achieve full ROM
- Progress from active assist to active ROM exercises as tolerated. Progress Active ROM as tolerated.
- Continue scapular retraction and kinematic exercises
- ***Emphasize appropriate scapular retraction and kinematics as active motion progresses***
- Begin Progressive Strengthening Program
- Begin with theraband exercises.
- Progress from therabands to light weights, and then progress as tolerated
- Goal of Progressive Strengthening program is to be performing strengthening exercises as tolerated in a gym by 4 ½ months post-op
- Theraband strengthening
- Low row exercises