



Rehabilitation Protocol: Arthroscopic Subacromial Decompression / Distal Clavicle Excision ONLY (No Rotator Cuff or other repairs)

Phase I (Weeks 0-4)

Sling immobilization for comfort **Weeks 0-2** – Discontinue sling use at 2 weeks

Range of Motion – PROM → AAROM → AROM as tolerated

- Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching

- No abduction-external or internal rotation (90/90) until 4-8 weeks post-op

Therapeutic Exercise

- Codman's/Pulleys/Cane
- Elbow/Wrist/Hand Range of Motion
- Grip Strengthening
- No resistive exercises

Heat/Ice before and after PT sessions

Phase II (Weeks 4-8)

Range of Motion – Increase Forward Flexion, Internal/External Rotation to full motion as tolerated

- Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching

Therapeutic Exercise

- Begin light isometrics with arm at the side for rotator cuff and deltoid
- Advance to therabands as tolerated
- Passive stretching at end range of motion to maintain shoulder flexibility

Modalities per PT discretion

Phase III (Weeks 8-12)

Range of Motion – Progress to full AROM without discomfort

Therapeutic Exercise – Advance strengthening as tolerated

- Isometrics → therabands → weights
- Begin eccentrically resisted motions, closed chain exercises and plyometrics
- 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers

Modalities per PT discretion