



## Shoulder Arthroscopic Debridement, Decompression, Distal Clavicle Excision Rehabilitation

The following is a basic framework from which to work during rehabilitation following shoulder arthroscopic debridement, subacromial decompression, with or without distal clavicle excision. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercises</b>
<b>Phase I</b> <b>0 – 4 weeks</b>	PROM as tolerated*	0 – 2 weeks: worn for comfort only  2 – 4 weeks: discontinue	0 – 2 weeks: elbow/wrist/hand ROM, pendulums, wall stretch at home per therapist.  2 – 4 weeks: grip strengthening, pulleys/canes, elbow/wrist/hand ROM, pendulums  Deltoid, rotator cuff isometrics  Scapular protraction/retraction
<b>Phase II</b> <b>4 – 8 weeks</b>	Increase to full AROM, PROM	None	Advance isometrics with arm at side, rotator cuff, and deltoid  Advance to Therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility
<b>Phase III</b> <b>8 – 12 weeks</b>	Progress to full AROM, PROM without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sports and full activity as tolerated after 12 weeks

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