



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## Subacromial Decompression/Distal Clavicle Excision; Labral Debridement Rehabilitation Protocol

	Range of Motion	Immobilizer	Avoid	Therapeutic Exercise*
<b>Phase I</b> <b>0 - 4 Weeks</b> <i>Start AFP 1x/week @ week 2</i>	<b>PROM Goal:</b> Flexion to 180° ER to 90° IR to 90°	<b>0-2 Weeks:</b> Sling to be worn for comfort only  <b>2-4 Weeks:</b> 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.  <b>NO</b> resisted motions
<b>Phase II</b> <b>4 - 8 Weeks</b>	<b>AROM Goal:</b> 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.
<b>Phase III</b> <b>8 - 12 Weeks</b>	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