

SUBACROMIAL DECOMPRESSION WITH OR WITHOUT CLAVICLE RESECTION
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-4	<ul style="list-style-type: none"> • PROM→AAROM→AROM as tolerated • With distal clavicle resection, NO cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program • ROM goals: 140° forward flexion/40° ER at side • No abduction-rotation until 4-8 weeks post-op • No resisted motions until 4 weeks post-op • D/c sling at 3-5 days post-op; sling only when sleeping if needed • Heat before/ice after PT sessions
Weeks 5-8	<ul style="list-style-type: none"> • D/c sling completely if not done previously • Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility • Goals: 160° forward flexion/60° ER at side • Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated • Physical modalities per PT discretion
Weeks 9-12	<ul style="list-style-type: none"> • Advance strengthening as tolerated: isometrics→bands→weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers • Only do strengthening 3x/week to avoid rotator cuff tendinitis • If ROM lacking, increase to full with passive stretching at end ranges • Begin eccentrically resisted motions, plyometrics, and closed chain exercises