The Gundersen Health System Sports Medicine Subacromial Decompression / Acromioplasty Rehabilitation Program is an evidence-based and soft tissue healing dependent program which allows patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur based on surgical details and patient response to treatment. Contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

### Phase I: 0-2 weeks

**Sling:** 0-7/14 days D/C per symptoms or MD approval  
**PROM:** Gradual return as symptoms allow  
**AROM:** Gradual return as symptoms allow  
**Modalities:** Cryotherapy 3x/day IFC if c/o pain NMES

### Phase II: 2-6 weeks

**Sling:** Only as needed for symptom control  
**PROM:** Progressively increase toward full ROM  
**AROM:** Progressively increase toward full ROM  
**Modalities:** Cryotherapy IFC if c/o pain NMES Biofeedback inhibition if compensatory shoulder shrug

### Phase III: 6-12 weeks+

**Sling:** Not applicable  
**PROM:** Full by 6-8 wks  
**AROM:** Full by 6-8 wks  
**Modalities:** Cryotherapy PRN

### RX: Recommendations:

**Sapega-McClure technique:**  
1. Active warm-up: Pendulums  
2. Heat in stretch (1st TERT)  
3. Mobilizations / ROM:  
   - Physiologic mobilizations  
   - Accessory movements  
   - PROM / AAROM / AROM  
4. Therapeutic exercises:  
   - Scapulo-thoracic (Moseley)  
   - Pain-free M<1 IR/ER in scaption  
   - Sidelying ER  
   - Isotonic IR/ER in scaption  
   - Bicep curls  
   - Triceps extensions  
   - Core stability training  
   - CV conditioning  
5. Ice in stretch (2nd TERT)  
6. HEP for 3rd TERT

**Scapulo-thoracic (Moseley)**  
**GH exercises (Townsend)**  
**Isotonic IR/ER**  
**Isokinetic IR/ER**  
**Prone strengthening exercises**  
**Lower trapezius exercises**  
**Total arm strengthening**  
**PNF patterns**  
**Body blade progression**  
**CKC exercise progression**  
**Rhythmic stabilizations**  
**OKC/CKC Perturbation training**  
**Plyometric exercises**  
**Impulse IR/ER**  
**Sport-specific exercises if strength scores 75% or > and/or ER/IR ratio 2/3**

### Testing:

6-12 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete/laborer)

### Return to Work/Sport:

No Pain + Full ROM  
Isokinetic Strength - 90%  
Functional Testing – 90%  
MD approval

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*Updated 11/03*
Subacromial Decompression References


Davies GJ, Ellenbecker TS: Documentation enhances understanding of shoulder function.
Biomechanics 1999, 47-55


Moseley JB, Jobe FW, Pink M, Perry J, Tibone J. EMG analysis of the scapular muscles during a shoulder rehabilitation program. AJSM, 1992; 20:128-134

Sapeaker AA, Quedenfeld TC. Biophysical factors in range of motion exercises. Physician and SportsMedicine, 1981; 9: 57-65

