

Subacromial Decompression / Acromioplasty Rehabilitation Program

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	Phase II: 2-6 weeks	Phase III: 6-12 weeks+
Sling: 0-7/14 days D/C per symptoms or MD approval	Sling: Only as needed for symptom control	Sling: Not applicable
PROM: Gradual return as symptoms allow	PROM: Progressively increase toward full ROM	PROM: Full by 6-8 wks
AAROM: Gradual return as symptoms allow	AAROM: Progressively increase toward full ROM	AAROM: Full by 6-8 wks
AROM: Gradual return as symptoms allow	AROM: Progressively increase toward full ROM	AROM: Full by 6-8 wks
Modalities: Cryotherapy 3x/day IFC if c/o pain NMES	Modalities: Cryotherapy IFC if c/o pain NMES Biofeedback inhibition if compensatory shoulder shrug	Modalities: Cryotherapy PRN
RX: <u>Recommendations:</u> Sapega-McClure technique: 1. Active warm-up: Pendulums 2. Heat in stretch (1 st TERT) 3. Mobilizations / ROM: Physiologic mobilizations Accessory movements PROM / AAROM / AROM 4. Therapeutic exercises: Scapulo-thoracic (Moseley) Pain-free M<I IR/ER in scaption Sidelying ER Isotonic IR/ER in scaption Bicep curls Triceps extensions Core stability training CV conditioning 5. Ice in stretch (2 nd TERT) 6. HEP for 3 rd TERT Updated 11/03	RX: <u>Recommendations:</u> Sapega-McClure technique: 1. Active warm-up: UBE, Rower 2. Heat in stretch (1 st TERT) TERT=Total End Range Time 3. Mobilizations / ROM: Physiologic mobilizations Accessory movements PROM / AAROM / AROM 4. Therapeutic exercises: Scapulo-thoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER in scaption Isokinetic IR/ER in 30/30/30 Sidelying ER Prone ER with hor abduction Lower trapezius exercises Total arm strengthening Biceps curls Triceps extensions CKC exercises Rhythmic stabilizations OKC/CKC Perturbation training Core stability training CV conditioning 5. Ice in stretch (2 nd TERT) 6. HEP for 3 rd TERT	RX: <u>Recommendations:</u> Sapega-McClure technique if needed (see previous) Scapulo-thoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER Isokinetic IR/ER Prone strengthening exercises Lower trapezius exercises Total arm strength 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 <hr/> Testing: 6-12 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete/laborer) <hr/> Return to Work/Sport No Pain + Full ROM Isokinetic Strength - 90% Functional Testing – 90% MD approval

Subacromial Decompression References

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