



Mid-America Orthopedics

Dr. Justin Strickland

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SUBACROMIAL DECOMPRESSION PROTOCOL (with or without Mumford)

Days 1-28

- **Immobilization:** Wean out of sling at 3 days post-op.
- **ROM:**
 - Full ROM in all planes by week 4
 - Pendulum, Table slide, Pulleys and other ex may be used as needed to increase ROM
- **Strengthening:**
 - Submaximal isometrics after week 1 (progress as tolerated).
 - AAROM and PRE's after week 1 pending tolerance.
 - Rotator cuff and scapular control
 - No resisted shoulder elevations

Day 29-56

- **ROM:** Full ROM in all planes
- **Strengthening:**
 - Proprioceptive training
 - Progress PRE's to maximize scapular and rotator cuff strength
 - Total arm strengthening
 - Overhead activities and throwing program when desired strength achieved

Day 57 - on

- **Strengthening:**
 - Emphasize progression of PRE's and Total Arm strengthening
 - Overhead activities and throwing program according to strength

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.