



# Mid-America Orthopedics

**Ryan W. Livermore, M.D.**

1923 N. Webb Rd, Wichita, KS 67206 – (316) 630-9300

## **Arthroscopic Subacromial Decompression/Debridement Post-Surgical Rehabilitation Protocol**

### **Post-Op Days 1-7**

- Sling for comfort – D/C within a few days
- Hand squeezing exercises
- Elbow and Wrist active motion (AROM)
- Pendulum Exercises
- Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)
- AROM in pain-free range as tolerated
- Shoulder shrugs/scapular retraction exercises without resistance
- Stationary bike
- Ice pack PRN

### **Goals**

- Pain control
- AAROM Flexion and Abduction to 120 degrees

### **Days 7-14**

- Continue appropriate previous exercises
- AAROM, AROM in pain-free range
- Isometrics x 6 (box) – pain-free
- Light Theraband for ER and IR arm at side with pillow or towel roll under arm

- Standing rows with light Theraband

### **Goal**

- AROM Flexion and Abduction to 150 degrees

### **Weeks 2-4**

- Continue appropriate previous exercises
- ORIN/Mobilization as needed to regain full motion
- Theraband exercises x 6, pain-free
- Biceps and Triceps PREs with light weight
- Prone scapular retraction exercises
- Body Blade
- UBE forwards and backwards
- Elliptical trainer
- Treadmill – walking progression program

### **Goal**

- Full AROM

### **Weeks 4-6**

- Continue appropriate previous exercises
- Theraband exercises x 6 with increasing resistance
- Seated row weight machine with light weight
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Ball toss with arm at side
- Push-up progression against wall
- Treadmill – Running progression program

### **Goal**

- 30 wall push-ups

### **Weeks 6-8**

- Continue appropriate previous exercises
- Bench press with light weight
- Ball toss overhead
- Fitter on hands
- Push-up progression – Table to chair
- Pool therapy
- Running progression to track

### **Goal**

- Normal rotator cuff strength

### **Months 2-4**

- Continue appropriate previous exercises with increasing resistance
- Push-ups, regular
- Sit-ups
- Gravitron – Pull-ups, dips
- Swimming
- Transition to home/gym program

### **Goal**

- Return to all activities