

**Arthroscopic Subacromial Decompression / Distal Clavicle Excision
Rehabilitation protocol**

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	Passive to active range as tolerated. Advance to full ROM 2-4 weeks.	Sling for comfort for 3-7 days, then discontinue.	Hand, elbow, wrist, pendulum, Codman's exercises immediately post-op. Advance to resisted exercises as tolerated.
PHASE II (4-8 WEEKS)	Full range of motion	Discontinue	Begin light isometrics with arm at side, rotator cuff and deltoid. Advance to therabands as tolerated. Passive stretching at end ranges to maintain flexibility. Initiate strengthening.
PHASE III* (8-12 WEEKS)	Full range of motion	Discontinue	Terminal stretch and strengthening. Begin eccentrically resisted motions and closed chain activities.

*Only if goals are not met by end of Phase II