

Subacromial Decompression Protocol

	Phase I: weeks 1-4	Phase II: 5-8 weeks	Phase III: 9-12 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT • Discontinue sling at 1-2 weeks (may continue sling while sleeping as needed until 4 weeks after surgery) 		
Aerobic	<ul style="list-style-type: none"> • Stationary bike 	<ul style="list-style-type: none"> • Begin walk-jog-run progression 	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Progress PROM to AAROM to AROM as tolerated • ROM Goals <ul style="list-style-type: none"> ▸ 140° forward flexion ▸ 40° ER at side • No resisted ROM exercises • No abduction-rotation exercises 	<ul style="list-style-type: none"> • Increase AROM in all planes (may provide passive stretch/assist at end-ranges of AROM) • ROM Goals <ul style="list-style-type: none"> ▸ 160° forward flexion ▸ 60° ER at side • With arm at side, begin light isometric exercises for rotator cuff, scapular stabilizers, and deltoid (advance to bands as tolerated) 	<ul style="list-style-type: none"> • Continue to advance from exercises in Phase II • ROM as tolerated • Advance strengthening as tolerated from isometrics to bands to weights • Perform strengthening exercises no more than 3 days per week • Begin eccentrically resisted strengthening, plyometrics, and closed-chain exercises
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Pain control • Protection of tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Advance ROM • Begin strengthening 	<ul style="list-style-type: none"> • Restore full and symmetric ROM • Advance strengthening • Begin plyometrics