

Dr. Mark Gardner Physical Therapy Protocol

UPMC Parkside Orthopedics

Arthroscopic Subacromial Decompression and Distal Clavicle Resection

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 ex 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

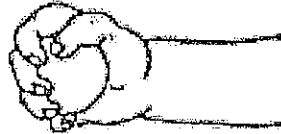
WEEKS 2 – 4

- Continue appropriate previous exercises
- PROM / Mobilization as needed to regain full motion
- Theraband ex x 6, pain-free

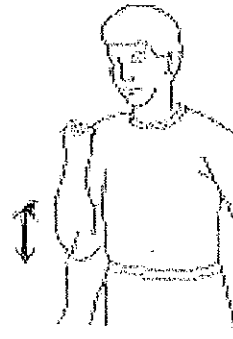
SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

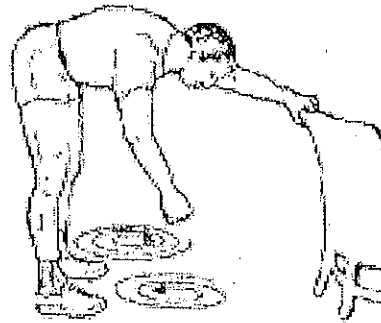
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

