

ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AC RESECTION, ARTHROSCOPIC DEBRIDEMENT

(2/2015)

DR LEVENE

SLING FOR COMFORT ONLY –wean as tolerated

PHASE I *Begin immediately post op; passive ROM; Pendulums to warm up*

- Forward elevation
- External rotation
- Internal rotation

PHASE II *Active range of motion with terminal stretch; pendulums to warm up*

May move to phase II as pain permits

- avoid impingement positions
- Scapular stabilization and postural training
- Isometrics rotator cuff strengthening begins when AROM near full
- Forward elevation
- External rotation
- Internal rotation

PHASE III *Begin after 1st month postop; Resisted plus continue Phase II; pendulums to warm up*

- Resisted program/theraband
- Forward flexion
- External rotation, and internal rotation
- Shrugs/rows

POSTERIOR CAPSULAR STRETCHING AT ALL PHASES “SLEEPER STRETCH” EMPHASIZE POSTURE AND SCAPULAR RETRACION/ CONTROL IN PHYSICAL THERAPY