

**Orthopedic Associates of Hartford, P.C.**

**J. Kristopher Ware, M.D**

31 Seymour St #100

Hartford, CT 06106

Phone: 860-244-1017, Fax: 860-524-8965

[www.oahct.com](http://www.oahct.com)

Date of Surgery:

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**Post-Operative Rehabilitation Protocol:**

**Subacromial Decompression, Distal Clavicle Excision,  
Debridement, or Chondroplasty**

**PHASE I: MOTION PHASE (WEEKS 0-3)**

GOALS: Allow soft tissue healing, diminish pain/inflammation, establish early motion, retard muscle atrophy.

**I. Immediate Post-Operative to Week 3:**

**A. General:**

- \* Sling for comfort only
- \* Discontinue sling as soon as tolerated
- \* Cryotherapy unit or ice 20 minutes/hour

**B. Weight Bearing:**

- \* As tolerated

**C. Range of Motion Goals:**

- \* Passive, AAROM, AROM to full as tolerated
- \* Begin IR/ER in 0° abduction, then 45° abduction, then 90° abduction

**D. Treatment / Exercises:**

- \* Active elbow and wrist range of motion, hand gripping
- \* Cervical AROM
- \* Shoulder shrugs, protraction, retraction
- \* Pendulum exercises
- \* Wall climbs or L-bar for AAROM
- \* Rope and pulley
- \* Active shoulder extension lying prone or standing (forward flexed at waist)
- \* Isometrics (submaximal, pain-free) – abductors, ER, IR, shoulder/elbow flexors

**PHASE II – INTERMEDIATE PHASE (WEEKS 3-6)**

GOALS: Progress to full motion, decrease pain, improve neuromuscular control, increase functional activities.

Enter Phase II if:

- ✓ ROM goals above are met

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- ✓ Minimal pain/tenderness
- ✓ Satisfactory MMT or IR/ER, Flex/Ex

## **II. Weeks 3-6:**

### **A. General:**

- \* Cryotherapy unit or ice 20 minutes/hour as needed

### **B. Weight Bearing:**

- \* As tolerated

### **C. Range of Motion Goals:**

- \* Full PROM, AAROM, AROM

### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Tubing exercises for ER/IR at 0° abduction
- \* Humeral head stabilization exercises
- \* Initiate isotonic program with dumbbells
- \* Normalize glenohumeral/scapulothoracic kinematics
- \* Trunk exercises
- \* Endurance exercises

## **PHASE III – DYNAMIC STRENGTHENING PHASE (WEEKS 6-12)**

**GOALS:** Progress to full motion, decrease pain, improve neuromuscular control, increase functional activities.

Enter Phase III if:

- ✓ Full, painless ROM
- ✓ Minimal pain/tenderness
- ✓ Strength at least 70% of uninvolved arm

## **III. Weeks 6-12:**

A., B., C. As Above

### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Isotonic dumbbell exercises: deltoid, elbow flexors, periscapular muscles
- \* Tubing exercises for scapulothoracic muscles
- \* Initiate plyometrics for rotator cuff
- \* Initiate diagonal patterns (PNF)
- \* Initiate isokinetics
- \* Add total body conditioning program

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#### **PHASE IV: RETURN TO ACTIVITY PHASE (MONTHS 3+)**

GOALS: Gradual return to recreational or competitive activity.

Enter Phase IV if:

- ✓ Full, painless ROM
- ✓ No pain/tenderness
- ✓ Satisfactory isokinetic test (Flex/Ex, Abd/Add)
- ✓ Satisfactory clinical exam

#### **IV. Months 3+:**

A., B., C. As Above

##### **D. Treatment / Exercises:**

- \* Continue above treatment
- \* Progress strengthening to tolerance
- \* Initiate Interval Sports Program
- \* Isokinetic tests
- \* Return to competition if:
  - ✓ Full ROM
  - ✓ No pain/tenderness
  - ✓ Satisfactory strength (at least 90% of uninvolved arm)
  - ✓ Satisfactory clinical exam

#### **\* Addendum**

This protocol provides general rehabilitation guidelines following sSubacromial Decompression, Distal Clavicle Excision, Debridement, and/or Chondroplasty. It is subject to modification depending on the degree of injury, the type and extent of associated surgical intervention, as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.