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ARTHROSCOPIC SUBACROMIAL DECOMPRESSION (NEER ACROMIOPLASTY) AND DISTAL CLAVICLE RESECTION (MUMFORD) POST-SURGICAL REHABILITATION PROTOCOL

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
- Biceps and Triceps PREs with light weight
- Prone scapular retraction exercises
- Body Blade
- UBE forwards and backwards
- Elliptical trainer
- Treadmill – Walking progression program

GOAL

- Full AROM

WEEKS 4 – 6

- Continue appropriate previous exercises

- Theraband ex x 6 with increasing resistance
- Seated row weight machine with light weight
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Ball toss with arm at side
- Push-up progression against wall
- Treadmill – Running progression program

GOAL

- 30 wall push-ups

WEEKS 6 – 8

- Continue appropriate previous exercises
- Bench press with light weight
- Ball toss overhead
- Fitter on hands
- Push-up progression – Table to chair
- Pool therapy
- Running progression to track

GOAL

- Normal rotator cuff strength

MONTHS 2 – 4

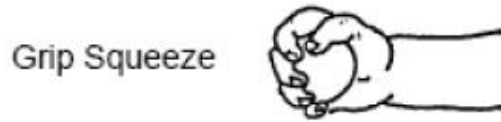
- Continue appropriate previous exercises with increasing resistance
- Push-ups, regular
- Sit-ups
- Gravitron – Pull-ups, dips
- Swimming
- Transition to home / gym program

GOAL

- Return to all activities

SHOULDER POST-OP PHASE I

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



Elbow active range of motion



Pendulum



Shoulder Shrugs



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



ADAPTED FROM:
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