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## **ARTHROSCOPIC SUBSCAPULAR DECOMPRESSION 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, pulleys, wall climb)
- AROM in pain-free range as tolerated
- Shoulder shrugs / scapular retraction without resistance
- Stationary bike
- Ice pack

#### **GOALS**

- Pain control
- AAROM Flexion and Abduction to 120 degrees

#### **DAYS 7 – 14**

- Continue appropriate previous exercises
- AAROM, AROM throughout full range as tolerated
- 1-2 Finger Isometrics x 6 (fist in box)
- Theraband for ER and IR with arm at side and pillow or towel roll under arm
- Body Blade

#### **GOAL**

- Symmetrical AROM ER and IR

#### **WEEKS 2 – 4**

- Continue appropriate previous exercises
- PROM / mobilization as needed to regain full motion
- Light Theraband exercises x 6
- Standing rows with Theraband
- Biceps and Triceps PREs with light weight
- Prone scapular retraction without weight
- UBE forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Treadmill – Walking progression program

#### **GOAL**

- Full AROM

#### **WEEKS 4 – 6**

- Continue appropriate previous exercises with increasing resistance

- Push-up progression – Wall to table
- Ball toss with arm at side, light weight
- BAPS on hands
- Treadmill – Running progression program

**GOAL**

- 30 table push-ups

**WEEKS 6 – 8**

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

**GOAL**

- Normal rotator cuff strength

**MONTHS 2 – 4**

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Gravitron – Pull-ups, dips
- Running progression to track
- Progressive weight training
- Transition to home / gym program

**GOAL**

- Resume all activities

## 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



ADAPTED FROM:  
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