

Comprehensive Orthopaedics, S.C.

Subacromial Decompression

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-2 weeks	<p>*No True Abduction (stay in scapular plane) or rotation with Abduction until 6 wks to minimize impingement positions. *No cross-body adduction until 8 wks. if distal clavicle resection. *Slowly increase Abduction with ER depending on patient's comfort level.</p> <p>PROM/AAROM (to tolerance)</p> <ul style="list-style-type: none"> • Flexion to 135° • Scaption to 145° • ER to 60-75° (in 60 abd) • IR to abdomen <p>AROM</p> <ul style="list-style-type: none"> • Full elbow, forearm, wrist and hand motion. 	<p>Submax Isometrics Only</p> <ul style="list-style-type: none"> • Flexion • ER/IR • Abduction • Rotator Cuff activation • Isotonic for scapula • Forearm, wrist and hand strengthening • Elbow strengthening 	<ul style="list-style-type: none"> • Sling for 3-7 days • Achieve 0/10 pain rating at rest • Normal use of eating utensils
2-4 weeks	<p>AAROM</p> <ul style="list-style-type: none"> • Flexion to 155° • Scaption to 165° • ER to 80° (in 90° abd) <p>AROM</p> <ul style="list-style-type: none"> • Standing scaption to 125° (non-compensated) 	<ul style="list-style-type: none"> • Initiate isotonic for rotator cuff (neutral position) • Build endurance (3 x 15) for standing AROM 	<p>Initiate:</p> <ul style="list-style-type: none"> • Non-weighted below shoulder height ADL's. • Normal grooming, bathing and dressing.
4-6 weeks	<p>AAROM</p> <ul style="list-style-type: none"> • Achieve symmetrical AAROM motion <p>AROM</p> <ul style="list-style-type: none"> • Achieve 90% of opposite side (non-compensated) 	<ul style="list-style-type: none"> • Advance PREs including rotator cuff • Functional pattern/PNF • CKC Progression 	<p>Initiate:</p> <ul style="list-style-type: none"> • Non-weighted above shoulder height ADL's • 0/10 pain rating with routine ADL's • Normal sleeping (affected side) and behind the back ADL's
6-9 weeks	<p>AROM</p> <ul style="list-style-type: none"> • Achieve 100% of opposite side (non-compensated) 	<p>Initiate:</p> <ul style="list-style-type: none"> • Plyometric training • Isokinetic training 	<ul style="list-style-type: none"> • Initiated weighted below and above shoulder height ADL's.
9-12 weeks	<ul style="list-style-type: none"> • Maintain AROM • Continue self stretching 	<ul style="list-style-type: none"> • Assess functional skills & isokinetic strengthening 	<ul style="list-style-type: none"> • Initiated : • Sport Skills • Work Skills
3-4 months	<ul style="list-style-type: none"> • Maintain AROM • Continue self stretching 	<ul style="list-style-type: none"> • Set up sports specific or work related training program 	<ul style="list-style-type: none"> • Return to non-contact sports at 3 months • Return to full sports at 4 month.



Kenosha Medical Center Campus
6308 Eighth Avenue
Kenosha, Wisconsin 53143
262-656-3290

LakeView RecPlex
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
262-577-8725

St. Catherine's Medical Center Campus
9555 76th Street
Pleasant Prairie, Wisconsin 53158
262-577-8989