



SHOULDER ARTHROSCOPY DEBRIDEMENT, SUBACROMIAL, DECOMPRESSION (SAD), AND DISTAL CLAVICLE EXCISION (DCE)

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1- 2x/week HEP daily	-Control pain and inflammation -Prevent stiffness and atrophy -Increase PROM -Increase independence with ADLs	-Sling except for exercise -Limit active abduction -Avoid active overhead movements -Ice daily <u>-DCE:</u> No abduction > 90	-Pendulums/Codman -Pulleys -Scapular retractions -Elbow/wrist/hand ROM -Shoulder PROM and AAROM as tolerated
Weeks 2-6 PT 2-3x/week HEP daily	-Decrease pain and inflammation -Full PROM -Increase AROM	-DC Sling (except Dr. Below – sling used through 4 weeks) -Limit resisted strengthening -Activity as tolerated -Ice daily <u>-DCE:</u> No abduction > 90 or cross-body adduction	-Progress P/AA/AROM -Joint mobilizations -Rhythmic stabilization -Shoulder isometrics -Scapular strengthening
Weeks 6-12 PT 2-3x/week HEP daily	-Full AROM -Progress strength/endurance -Restore scapulohumeral rhythm -Return to functional activities	-Limit repetitive overhead work -Strength training 3-4x/week <u>-DCE:</u> No cross-body adduction until Week 8	-Continue ROM/stretching exercises -UBE -Dumbbell and T-band strengthening (concentric/eccentric) -Closed chain strengthening -Proprioception/rhythmic stabilization
Weeks 12+ PT as needed HEP daily	-Return to function/sport	-Avoid painful activities	-Progress strength/proprioception exercises -Plyometrics -Push-up progression -Sport-specific exercises

References:

1. Christiansen DH, Falla D, Frost P, Frich LH, Svendsen SW. Physiotherapy after subacromial decompression surgery: development of a standardized exercise intervention. *Physiotherapy*. 2015;101(4):327-339. doi:10.1016/j.physio.2015.01.004
2. Geary M. Subacromial Decompression Protocol. Southshoreorthopedics.com. Accessed November 14, 2023. https://southshoreorthopedics.com/wp-content/uploads/2016/12/Sub-Acromial_Decompression.pdf
3. Jeroma E, McKenzie MJ, Wilcox RB III. Arthroscopic Subacromial Decompression. Bostonshoulderinstitutione.com. Published 2016. Accessed November 14, 2023. <https://bostonshoulderinstitutione.com/wp-content/uploads/2017/03/Subacromial-Decompression.pdf>
4. Lynch B, Christain H, McCrum CL, Vyas D. POSTOPERATIVE MANAGEMENT OF ORTHOPAEDIC SURGERIES: Shoulder. American Physical Therapy Association; 2021.
5. Price M. Shoulder Arthroscopy: Postop Instructions. Massachusetts General Hospital. Accessed December 31, 2023. <https://www.massgeneral.org/assets/mgh/pdf/orthopaedics/sports-medicine/dr-price/shoulder-scope-generic.pdf>

Physician-Specific

Scheduling decision tree: When to begin therapy

- Schedule within 7-10 days
- OR
- As otherwise indicated in the patient's referral
- Dr. Ramirez – 14 days/2 weeks

Typical Schedule of follow-up visits with physician after surgery:

Dr. Ramirez: 2 weeks, 6 weeks, 12 weeks

Dr. Below: 1 week, 6 weeks, 12 weeks

Typical Medications:

Dr. Ramirez: Oxycodone, Medrol Dosepak, Tylenol, Ibuprofen

TED hose:

Dr. Ramirez: Remove 2-weeks post-op

Dr. Below: Remove 3-weeks post-op

Dressings:

Dr. Ramirez: Remove 1-week post-op

Dr. Below: Usually removed around 1 week by **ORTHO ONLY** – do not remove in rehab (shower only until then)