

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

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> 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 <b>-DCE:</b> No abduction > 90	-Pendulums/Codman -Pulleys -Scapular retractions -Elbow/wrist/hand ROM -Shoulder PROM and AAROM as tolerated
<b>Weeks 2-6</b> PT 2-3x/week HEP daily	-Decrease pain and inflammation -Full PROM -Increase AROM	-DC Sling ( <b>except Dr. Below – sling used through 4 weeks</b> ) -Limit resisted strengthening -Activity as tolerated -Ice daily <b>-DCE:</b> No abduction > 90 or cross-body adduction	-Progress P/AA/AROM -Joint mobilizations -Rhythmic stabilization -Shoulder isometrics -Scapular strengthening
<b>Weeks 6-12</b> 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 <b>-DCE:</b> 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
<b>Weeks 12+</b> 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](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

### 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:** 1 day, then shower only