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Syracuse Orthopedic Specialists, PC

Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Subacromial Decompression and/or Distal Clavicle Excision WITHOUT Biceps Tenodesis**

Immediate Post-op Instructions (Week 0-1):

- Use ice or cryocuff as much as possible for first 2 days, then as needed for pain.
- Change dressing to light gauze or band-aids for first 3 days, then leave open to air. Do not remove steri-strips.
- You may shower on post-op day #3.
- Sleeping in a propped or partially reclined position is often more comfortable, as this keeps the shoulder elevated.
- First post-op check is 10-14 days for suture removal.
- Call for temperature > 102° excessive swelling, pain or redness around wounds.

Phase I: (Week 1)

- Take arm out of sling or cryocuff and move elbow, wrist and hand at least 4 times per day.
- Begin dangling exercises and pendulum motions as soon as tolerated.
- Discontinue sling when comfortable.

Phase II: Start physical therapy (Weeks 2-4)

- Modalities to decrease pain and swelling, soft tissue mobilization, and postural education.
- Continue active elbow, wrist, and hand motion.
- Passive and active assisted shoulder range of motion (wand, pulley) to regain full motion as tolerated – MUST HAVE FULL PASSIVE ROM BY WEEK 4 at latest.
- Activities of daily living within pain tolerance, avoiding impingement.
- Sub-maximal isometrics for shoulder musculature and manual resistance for scapula motions.
- Postural awareness education
- Therapist-supervised upper body ergometer for motion, avoiding substitution or impingement

Phase III: Strengthening (Weeks 5-8; may start earlier if Phases I & II achieved):

- Progress passive and active range of motion exercises as tolerated.
- Joint mobilization for scapula and glenohumeral joint (posterior capsular stretching).
- Begin strengthening program using theraband, with focus on internal rotation to strengthen subscapularis and external rotation to strengthen infraspinatus.
- Closed chain exercises for scapular stabilization and rotator cuff.
- Advance to light weights by 6 weeks.
- May include theraband, upper body ergometer, and weight equipment.
- Emphasis of strengthening on high reps and low weight, with postural awareness.
- Sport-specific training or work hardening at week 8 if needed.

Frequency: 2-3x per week

Duration: 6-8 weeks

Special instructions: _____

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