





Twincitiesshoulderandelbow.com Dr. Chad Myeroff's Rehabilitation Protocol

Arthroscopic Debridement and/or Subacromial Decompression

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
 - Wean from sling at 2 weeks
- POD 1: hygiene, finger, wrist, elbow AROM
- POD 7-10 (at 1st therapy visit): Formal PT AND Three time daily (TID) home exercise program (HEP)
 - \circ $\;$ Add unrestricted shoulder PROM, rhomboid isometrics $\;$
 - Progress AAROM \rightarrow AROM
- OK to use arm for ADLs
- No lifting > 5#

Phase 2: Week 6-12

- Phase I and II cuff and periscapular strengthening as able
- Generalized upper extremity strengthening, progress to activities as tolerated
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment



More info: twincitiesshoulderandelbow.com/impingement/



twincitiesshoulderandelbow.com/patienteducationdocuments/

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.