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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)
 - Add unrestricted shoulder PROM, rhomboid isometrics
 - Progress AAROM → 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/



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