



## **Arthroscopic Subacromial Decompression/Labral Debridement** **Protocol**

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### **Stage I: 0-4 weeks**

4-5 visits in 4 weeks

Patient should wear sling 1-2 days

Ice following exercises as needed

1. Stretching/ROM (2x/day) – if limited
  - a. Codman's (pendulum) exercises to warm up
  - b. Four corner stretch
  - c. AAROM (can exercises) in all movements – Full ROM as tolerated – do not go beyond a 2 on pain scale (minimal pain only!)
  - d. Manual technique to restore capsular length if necessary
  
2. Strengthening – all exercises must be pain free ROM only (1x/day, 3-4days/week)
  - a. Supine rotator cuff program
    - i. Start by using gravity only and gradually add and progress weights
    - ii. Progress to isotonic when elevation against gravity is greater than 80°
  - b. Isotonic exercises
    - i. Perform with free weights only (no theraband except with IR)
      1. Repetitions should reach 20-50 reps before adding/progressing in weight
      2. Start using gravity for weight and progress as tolerated to:
        - a. 2oz (dinner knife)
        - b. 4oz (tuna can)
        - c. 8oz (soup can)
        - d. 1 lb weight
        - e. 2 lb weight, etc
  - c. Scapular stabilization exercises
    - i. Prone T, Y, W on physio ball
    - ii. Scap sets
    - iii. Reverse flys

- iv. Supine ceiling punches
- v. Rows
- vi. Scap sets with theraband
- vii. Ball on wall – cw/ccw

3. Educate patient on limiting “pushing” activities such as, push ups, bench press, etc.

**Stage II: 4+ weeks**

- 1. Independent home rehab program