



Rehab Practice Guidelines for: Subacromial Decompression with or without Distal Clavicle Excision

Assumptions: Isolated pathology of acromion and/or distal clavicle

Primary surgery: Subacromial decompression

Secondary surgery (possible): Distal clavicle excision

Expected # of visits: 10-21

Precautions and Issues	
Precautions	<ul style="list-style-type: none"> ▪ No heavy resisted flexion for 6 weeks (subacromial decompression)
Distal clavicle excision issues:	<ul style="list-style-type: none"> ▪ There is increased morbidity therefore ROM may be slower to achieve. Posterior capsule tightness may be significant because of avoiding horizontal adduction prior to surgical intervention secondary to pain in AC joint.



Subacromial Decompression with or without DCE Rehab Protocol

<u>Timeline</u>	<u>Treatment</u>	<u>Milestones</u>
<p><u>Week 1</u></p> <ul style="list-style-type: none"> ▪ No formal PT ▪ No driving 	<ul style="list-style-type: none"> ▪ Ice shoulder for pain and inflammation control ▪ Remove sling TID for Codman's exercises 	<ul style="list-style-type: none"> ▪ Comfortably sleep through the night
<p><u>Weeks 2-4</u></p> <ul style="list-style-type: none"> ▪ Begin PT ▪ 2-3 visits/week <p>Total Visits: 6-9</p>	<ul style="list-style-type: none"> ▪ Modalities for pain and inflammation control as needed ▪ Incision mobilization ▪ Test glenohumeral accessory motions <ul style="list-style-type: none"> ○ <i>if hypomobile</i> - Rx: grade III/IV mobilizations ○ <i>if normal mobility</i>- Rx: grade I/II mobilizations for pain control and to prevent adhesions ▪ Passive Range of Motion (ROM) exercise in all planes ▪ Active ROM in all planes except abduction and flexion, focus on scapulo-humeral rhythm and scapular stabilization 	<ul style="list-style-type: none"> ▪ No hypomobility or hypersensitivity of scars ▪ Full PROM ▪ Full gleno-humeral joint mobility (e.g. inferior, posterior, anterior glides) ▪ Normal scapulo-humeral rhythm
<p><u>Week 5-6</u></p> <ul style="list-style-type: none"> ▪ 1-3 visits/week <p>Total Visits: 8-15</p>	<ul style="list-style-type: none"> ▪ PRE's for all other shoulder motions except flexion ▪ Begin resisted flexion strengthening in gravity minimized positions progressing to gravity resisted 	<ul style="list-style-type: none"> ▪ Full PROM for all motions ▪ Full AROM for all motions
<p><u>Weeks 7-8</u></p> <p>Total Visits 10-21</p>	<ul style="list-style-type: none"> ▪ PRE's for all shoulder motions ▪ Dynamic stabilization exercises ▪ Progress to home exercise program for strengthening ▪ Progress sport/work specific rehabilitation 	<ul style="list-style-type: none"> ▪ Maintains full AROM and PROM ▪ Independent with home exercises ▪ MMT 5/5 all shoulder motions ▪ Return to sport/work