

### SUBACROMIAL DECOMPRESSION PROTOCOL

	WEEK 1-2 Begins on DOS	WEEK 3-6	WEEK 7-12	WEEK 13+
<b>PASSIVE SCAPTION</b>	Painfree to full	Full		
<b>ACTIVE SCAPTION</b>	Start week 2 as tolerated	Painfree		
<b>PASSIVE ER/IR</b>	Start at 30° abd, progress to 45° abd	Full		
<b>ACTIVE ER</b>	Start week 2 as tolerated	Painfree		
<b>IMMOB/SLING</b>	As needed	No		
<b>P.T. visits/week</b>	1-3	1-3	1-3	1-3
<b>EXERCISES</b>				
<ul style="list-style-type: none"> <li>Individual exercise progression may vary</li> </ul> <p>Questions? Please contact: Northwoods Therapy Associates</p> <p>Eau Claire, WI (715) 839-9266</p> <p>Chippewa Falls, WI (715) 723-5060</p> <p>November 2010</p>	Passive Pendulums	Initiate isotonic Scaption, rowing, Sidelying ER, Abd to 90, Ext to neutral	Continue with all previous isotonic, strengthening, neuromuscular control and endurance exercises	Continue ROM and strengthening program and self capsular stretches as needed. Continue fundamental shoulder exercise program. Gradually return to overhead activities and progress as tolerated.
	Pulleys			
	Wand ER, IR, Scaption	Add 1# after one week of proper form and no pain	2 hand drills: Chest pass Side to side throws	
	Isometrics Flex, Ext, Abd, IR, ER, Biceps		At 9 weeks add one hand plyo's	
	Rhythmic Stab	Joint mobs	Wall dribbles, baseball throws	
	ER/IR Tubing	Scapular stabilization	Shovel throws	
	Prone rowing	UE endurance activity	Initiate sport program	
Goals: non-painful arc of motion. Prevent muscular atrophy, re-establish dynamic stabilization and decrease pain and inflammation. <b>Criteria to advance:</b> Full ROM, Minimal pain and tenderness and good MMT of IR, ER and flexion.	Goals: Regain and improve muscular strength. Normalize arthrokinematics, improved neuromuscular control. Diminish pain. <b>Criteria to advance:</b> Full non-painful ROM, no pain or tenderness and 70% strength compared to opposite.	Goals: Improve strength, power and endurance. Improve neuromuscular control and prepare athlete to return to sport and worker back to work. <b>Criteria to advance:</b> Full ROM, no pain or tenderness, satisfactory muscular strength and satisfactory clinical exam.	Goals: Progressively increase activities to prepare for full functional return.	