

Mayo Clinic 600 Hennepin ave, Minneapolis, MN

Ph: 612-502-5386

www.KelechiOkorohaMD.com

SHOULDER ARTHROSCOPY SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION

Rehab Protocol

Weeks 0-4:

- Sling for Comfort (1-2 days) Then discontinue
- Passive to Active shoulder ROM as tolerated

140° Forward Flexion

40° External Rotation with arm at side

Internal rotation behind back with gentle posterior capsule stretching

No rotation with arm in abduction until 4 wks

- With distal clavicle excision, hold cross body adduction until 8wks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codmans
- Avoid Abduction and 90/90 ER until 8wks

Weeks 4-8:

• Advance ROM as tolerated (Goals FF to 160°, ER to 60°)

Begin Isometric exercises

Progress deltoid isometrics

ER/IR (submaximal) at neutral

· Advance to theraband as tolerated

Weeks 8-12:

- Advance to full, painless ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3times/wk to avoid rotator cuff tendonitis





