



Subacromial Decompression +/- Distal Clavicle Resection

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Patient Name	Date of Surgery
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Procedure: Right Left Shoulder

Subacromial Decompression (SAD): *If this was done, avoid abduction x 6 wks* **and/or**

Distal Clavicle Resection (DCR): *If this was done, avoid cross-body adduction x 8wks*

Evaluate and Treat

Provide patient with home program

Frequency: _____ x/week x _____ weeks

Phase I (0-4 wks): *Period of protection: Sling is worn for 1-2 weeks, then only for comfort at night. No strengthening until after this phase to prevent irritation to subacromial space and/or AC joint.*

- **Weeks 0-1: Formal PT is not mandatory.**
 - Sling at all times (except for hygiene and pendulums).
 - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Weeks 1-4: Begin formal PT (2-3 x/wk).**
 - D/C sling.
 - ROM: PASSIVE ROM ONLY:
 - Shoulder: Advance PROM g AAROM g AROM in all planes as tolerated (exceptions: abduction and cross-body adduction depending on procedures performed (see above)).
 - Goals: full AROM if possible
 - Elbow: PROM g AAROM g AROM (flex/ext/sup/pron) as tolerated
 - Goals: full passive ROM (flex/ext)
 - Strengthening: None, except grip strengthening.

Phase II (4-8 wks): *Advance motion and begin strengthening.*

- ROM: Advance AROM for elbow and shoulder in all directions with passive stretching at end ranges.
 - If SAD performed, avoid abduction until after 6 wks.
 - If DCR done, avoid cross-body adduction until after 8 wks.
 - Goals: full AROM elbow and shoulder by 8-10 wks.
- Strengthening (only 3x/wk to avoid cuff tendonitis):
 - Start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

Phase III (8-12 wks): *Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.*

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics g bands g light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (Only do this 3x/wk to avoid cuff tendonitis)
 - Begin eccentrically resisted motions, plyometrics (weighted ball toss), proprioception (body blade)

Phase IV (3-6 months): *Transition to sport-specific/occupation-specific rehab.*

- ROM: Continue aggressive passive stretching at end ranges.
- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Maintain light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (Only do this 3x/wk to avoid cuff tendonitis)
 - Advance eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - Sports-related rehab and advanced conditioning
 - At 4.5 months, may throw from the pitcher's mound
 - At 6 months, return to collision sports
 - Heavy labor once full-strength/MMI reached (usually by 6 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient would would not benefit from social services.

Physician Signature	Date
Printed Name	