

Subacromial Decompression and/or Distal Clavicle Excision

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Phase I	<ul style="list-style-type: none"> • Protect surgical site • Decrease pain and inflammation • Restoration of ROM • Strengthen shoulder and scapular stabilizers • Begin proprioceptive and dynamic neuromuscular control • <u>Criteria for progression to next phase:</u> <ul style="list-style-type: none"> ○ Full PROM ○ Strength 70% LSI ○ Normal scapulohumeral rhythm 	<ul style="list-style-type: none"> • Sling: <ul style="list-style-type: none"> ○ Weeks 0-2: Must wear at all times except for hygiene ○ Discontinue after 2 weeks • ROM: shoulder and elbow PROM/AAROM/AROM as tolerated <ul style="list-style-type: none"> ○ Avoid pain with horizontal abduction or adduction up to 8 weeks • Avoid repetitive overhead activities • Limit closed chain exercises 	<ul style="list-style-type: none"> • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day • ROM: as tolerated • Shoulder mobilizations as needed • Exercises: pendulums, grip strengthening, pulleys/cane, hand/wrist/elbow strengthening • Begin closed chain scapula, deltoid/cuff isometrics, and scapular protraction/retraction, • Initiate open chain strengthening in non-provocative positions • BFR; if applicable • CV exercises: walking, stationary bike, stairmaster
Phase II	<ul style="list-style-type: none"> • Full multi-planar ROM • Full supraspinatus strength • Correct postural dysfunctions with sport/work specific tasks • <u>Criteria for progression to next phase:</u> <ul style="list-style-type: none"> ○ Full AROM ○ Pain-free ADLs ○ Strength 100% LSI 	<ul style="list-style-type: none"> • May initiate running as tolerated • Carefully progress overhead strengthening progression • Discuss return to activities or sport with surgeon 	<ul style="list-style-type: none"> • Multi-plane AROM • Exercises: advance strengthening as tolerated, begin eccentric strengthening, advance closed chain strengthening • Scapular/RC strengthening and dynamic neuromuscular control in overhead positions • Initiate work/sport-specific strengthening <ul style="list-style-type: none"> ○ May refer to OH athlete program • Initiate progressive replication of demanding work/sport-specific activities

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.