



ARTHROSCOPIC SHOULDER SURGERY: SUBACROMIAL DECOMPRESSION WITH / WITHOUT DISTAL CLAVICLE EXCISION Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Shoulder Hemiarthroplasty

_____ Evaluate and Treat _____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

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

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

_____ **Phase I (0 - 4 Weeks):** *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/week).

- D/C sling.
- **ROM:**
 - **Shoulder:** Advance PROM → AAROM → 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 → AAROM → AROM (flex/ext/sup/pron) as tolerated.
 - Goals: full passive ROM (flex/ext).
- **Strengthening:** None, except grip strengthening.

_____ **Phase II (4 - 8 Weeks):** *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 weeks.
 - If DCR done, avoid cross-body adduction until after 8 weeks.
 - Goals: full AROM elbow and shoulder by 8-10 weeks.
- **Strengthening:** (only 3x/week to avoid cuff tendonitis):
 - Start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

_____ **Phase III (8 - 12 Weeks):** *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 → bands → light weights (1-5 lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week 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 (1-5 lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*).
 - Advance eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*).
 - Sports-related rehab and advanced conditioning.
 - @ 4.5 months, may throw from the pitcher's mound.
 - @ 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 Name: _____ Date: _____