



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Subacromial Decompression

Phase I: Weeks 0-1 (at home)

PLAN

- Pain control: ice, anti-inflammatory medications
- Wean sling use within first one-two weeks after surgery
- Gentle pendulum exercises at home

Phase II: Weeks 1-4

Formal physical therapy starts

Precautions

- No upper body ergometer, hand weights, body blade in Phase II
- No IR behind the back, and no adduction and IR in Phase II (aggravate external impingement)

Exercises

- Wean sling within one-two weeks after surgery
- Pain control: ice, heat, anti-inflammatory medications, therapeutic modalities

Range of motion exercises

1. Progress from PROM--> AAROM-->AROM as tolerated
2. Rotation glenohumeral exercises performed with the arm less than 45° abduction
3. ROM goals: 140° Forward Flexion / 40° External Rotation at side / 60° Abduction
4. Start isometrics at 3-4 weeks (rotator cuff, scapular strengthening with arm at side)

Phase III: Week 5 and beyond

Precautions

- Shoulder pain may become worse during this phase. Limit strengthening to 2-3 days a week. Back off strengthening if patients have rotator cuff irritation symptoms or shoulder synovitis symptoms
- Strengthening should begin at waist level and gradually progress in abduction
- Range of motion (ROM) takes precedence over strengthening.
- If ROM is lagging behind, hold off on strengthening and focus on ROM and stretching.

Exercises

- Gradually increase ROM to full with passive stretching at end ranges by 6 weeks (including posterior capsular stretches)
- Combined motions (ER and abduction; adduction and IR) to start at 6 weeks
- Begin rotator cuff, deltoid and scapular isometrics at 4-6 weeks
- Begin resisted exercises with therabands at 6 weeks and progress to light weights



- Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.
- Start sports specific Rehab at 3 months
- Weight lifting at 6 months
- Contact sports 6 months

-specific rehab as tolerated.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

