



## AUCKLAND BONE AND JOINT SURGERY

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### ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND ACROMIOPLASTY REHABILITATION PROTOCOL

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#### **Phase 1:**

Begins immediately after surgery to approximately 4 weeks post-op

1. Sling for everyone: wear for comfort for 2 weeks post-op; discontinue sling at 2-4 weeks
2. Cryotherapy as needed for pain relief (cryocuff or ice pack)
3. Passive to active shoulder ROM as tolerated - ROM goals:
  - Forward flexion: 140°
  - ER at side: 40°
  - IR: behind back with gentle posterior capsule stretching
  - NO abduction or 90/90 ER until 4-8 weeks post-op
4. Grip strengthening
5. Pulleys/canes to assist shoulder ROM
6. NO resisted shoulder ROM
7. Active wrist/passive elbow ROM exercises
8. Day 10-14 suture removal
9. Aquatic/pool therapy (2-4 weeks post-op)
  - Shoulders totally submerged
  - Slow active motion within precautionary ROM with emphasis on good biomechanics

#### **Phase 2:**

From 4-8 weeks post-op

1. No sling
2. Increase shoulder ROM as tolerated – ROM goals:
  - Forward flexion: 160°
  - ER at side: 60°
  - IR: behind back and at 90° of abduction with gentle posterior capsule stretching

3. Begin light rotator cuff and deltoid isometric exercises with arm at side – advance to therabands as tolerated
4. Passive ROM stretches at end range to maintain flexibility
5. Aquatic/pool therapy - continue same exercises as in phase 1 without ROM limitations - increase speed of movement as tolerated

**Phase 3:**

From 8-12 weeks post-op

1. Progress to full shoulder ROM without discomfort
2. Advance strengthening as tolerated
3. Begin eccentrically resisted motions and closed chain activities
4. Add gym machines as appropriate 10-12 weeks post-op (chest press, rowing, latissimus pull-downs, triceps, biceps)

**Phase 4:**

From 12-16 weeks post-op

1. Functional progression for sports and activity-specific tasks (i.e. golf, tennis, rugby)
2. Interval sport programs as indicated
3. Advanced strengthening as indicated

ROM = range of motion

AROM = active range of motion

IR = internal rotation

PROM = passive range of motion

AAROM = active assisted range of motion

ER = external rotation