



# INOVA<sup>®</sup>

## Sports Medicine

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### Physical Therapy Protocol Following

### Subacromial Decompression or Distal Clavicle Excision or Debridement

**Shoulder Immobilizer:** 1-2 days for comfort ONLY

#### Post-Op Weeks 0-4:

Goals:

1. Minimize swelling and pain
2. Full AROM at 4 weeks without pain

Exercises:

1. PROM/AAROM / AROM program
2. Rotator cuff free weight exercises 4 days/week
3. Scapular stabilization exercises
4. Scar mobilization

\*The following exercises should be done pain free:

\*\*Isotonic exercises as tolerated. Start against gravity without weights and follow progression:

- a. 2 oz
- b. 4 oz
- c. 8 oz (soup can)
- d. 1 lb. weight
- e. 2 lb. weight, etc

\*\*Repetitions-25 reps without pain before adding weight

#### Post-Op Weeks 4+:

Goals:

1. Return to sport or work at 1-3 months post-op without restrictions (per MD)
2. No inflammation
3. 7 days/week for stretching; 4 days/week for strengthening

Exercises:

1. Progress on rotator cuff free weight program independently 4 days/week
2. Scapular stabilization exercises
3. Goal: 2-3% ideal body weight for 25 reps and maximum weight by 3 months post-op
4. Isometrics within 5<sup>0</sup> of pain area in all movements (if isotonic not tolerated)

#### Criteria for release to sport(s):

1. ROM is symmetric and painless
2. Strength is 90% of contralateral side