

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Arthroscopic Subacromial Decompression / Distal Clavicle Excision

#### Phase I (0-6 weeks)

**Range of Motion:** Passive, active-assisted, and active ROM as tolerated.

**Sling:** For comfort only. Discontinue sling no later than 2 weeks postop.

**Exercises:** Elbow/wrist ROM. Table-slides, wall climbs, corner stretch, back scratch 4x/d x 10min. Scapula protraction/retraction. Deltoid isometrics. Rotator cuff isometrics.

**Restrictions:** No lifting heavier than a coffee cup.

#### Phase II (6-12 weeks)

**Range of Motion:** Increase as tolerated to full.

**Sling:** None

**Exercises:** Deltoid/rotator cuff isometrics. Scapular stabilization. Rotator cuff strengthening, biceps, triceps. Continue stretching. Sport-specific training.

**Restrictions:** No aggressive strengthening.

#### Phase III (3-5 months)

**Range of Motion:** Continue full ROM.

**Sling:** None

**Exercises:** Advance strengthening as tolerated. Continue stretching. Return to full activity as tolerated.