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SHOULDER ARTHROSCOPY AND SUBACROMIAL DECOMPRESSION PHYSICAL THERAPY PROTOCOL/ORDER

Patient Name: _____

Surgery: _____ **Date of Surgery:** _____

Week 1: Take arm out of sling and move your elbow, wrist, and hand at least 4 times a day. You may discontinue the sling when comfortable. Start Physical Therapy 1 week after surgery.

Weeks 1-4: Modalities to decrease pain and swelling, active elbow, wrist, and hand exercises. Active assisted ROM can begin as well as passive stretching to regain full ROM and prevent post-op stiffness.

Weeks 5-8: Start strengthening program with Thera bands, especially rotation to strengthen the subscapularis and infraspinatus and start closed chain exercises for scapula stabilization.

Week 6: Advance to pulleys and light weights.

Week 8: Sport specific training or work hardening as needed.

RX: **FREQ:** 2-3x/week **DURATION:** 8-12 weeks

SIGNATURE: _____, MD/PA-C

ADDITIONAL COMMENTS: _____