



Subacromial Decompression/Debridement Protocol

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	Pendulums. Ok for passive motion and AAROM/AROM to tolerance	Wear for first 2 weeks at night and when ambulating, then discontinue.	Wrist/hand ROM, grip strengthening, isometric abduction External/internal rotation w/ elbow at side Begin cuff/deltoid isometrics at 2 weeks; closed chain scapula
PHASE II 4-8 weeks	Increase forward flexion and internal/external rotation to full ROM as tolerated	None	Advance isometrics in Phase I to use of theraband, continue with wrist/hand ROM and grip strengthening Begin prone extensions and scapular stabilizing exercises, gentle joint mobs
PHASE III 8-12 weeks	Full	None	Advance theraband exercises to use of weights and progress Phase II work Cycling and upper body ergometer at 8 weeks Outdoor running and planks at 10 weeks
PHASE IV 12-20 weeks	Full	None	Advance Phase III exercises Begin functional progression to return to previous activity level