



Curtis Bush, MD
817-878-5300

Subacromial Decompression/Debridement

Sling for comfort, discontinue as tolerated. May advance rehabilitation as rapidly as motion and pain allow.

Phase 1 - (PASSIVE) *Pendulums to warm-up*

Passive Range of Motion

Week 1 Elbow/wrist/hand AROM

Begin active scapular retraction/protraction exercises with therapist cueing

PROM and AAROM as tolerated

Supine External Rotation – Full

Supine Forward Elevation – Full

Supine Internal Rotation - Full

Phase 2 - (ACTIVE) *Pendulums to warm-up.*

Active Range of Motion with terminal stretch to prescribed limits

Week 2 Supine → Seated External Rotation

Supine → Seated Forward Elevation

Internal Rotation

Phase 3 - (RESISTED) *Pendulums to warm up and continue with phase 2.*

Week 3 External and Internal Rotation

Standing forward punch

Seated rows

Shoulder Shrugs

Bear Hugs

Weight Training

Week 6 Light Bicep curls/resisted supination gradually progressed to pre-morbid levels

Keep hands within eyesight, Keep elbows bent.

Minimize overhead activities

(No military press, pull-downs behind head, or wide grip bench)

Return to Activities Surgeon Comments:

Computer 1-2 weeks

Golf 4 weeks

Tennis 8 weeks

Contact Sports 4 months

Several months post-op Late Terminal Stretching