

**Katherine J. Coyner, MD**  
**UCONN Musculoskeletal Institute**

Medical Arts & Research Building  
263 Farmington Ave.  
Farmington, CT 06030  
Office: (860) 679-6600  
Fax: (860) 679-6649  
[www.DrCoyner.com](http://www.DrCoyner.com)

Avon Office  
2 Simsbury Rd.  
Avon, CT 06001  
Office: (860) 679-6600  
Fax: (860) 679-6649



**SHOULDER Subacromial Decompression/Distal Clavicle Excision Guidelines**

**GENERAL GUIDELINES**

Physical therapy is targeted toward full shoulder range of motion and return to activity. Please refer to operative note for specific individual precautions or motion guidelines.

**Phase I:** (Post-op days 1-3)

**GOALS**

- Use ice for swelling/pain control
- Regain AROM of elbow, wrist, hand as sensation returns
- Initiate AAROM through full ROM shoulder flexion
- Demonstrate appropriate scapular control

**EXERCISES**

1. Sling as needed until sensation and function of arm have returned
2. Cryotherapy PRN
3. Pendulum exercises – supported with contralateral arm as needed
4. Elbow/wrist ROM exercises – progress to AROM
5. Grip exercises
6. Scapular exercises – retraction, depression, stabilization
7. Begin PROM

**Phase 2:** (Continues through weeks 6-8)

Physical therapy to optimize motion 2x/wk or as determined by PT

1. Wean from sling. Sling wear discouraged except as a visible sign of vulnerability in uncontrolled environment.
2. Suture removal days 7-14
3. Aquatic therapy
4. Active ROM/Initial Strengthening
  - Minimal manual resistance for isometric ER/IR at 0°, 45°, and 90° in supine with arm supported as needed
  - Minimal manual resistance for rhythmic stabilization of glenohumeral joint at multiple angles in supine (60°, 90°, 120°)
  - AAROM progressing to AROM for elevation in supine. Elevate head of bed as appropriate maintaining good mechanics.
  - AAROM progressing to AROM PNF D1/D2 diagonals in supine
  - ER in sidelying

- Light periscapular strengthening as appropriate (prone rowing, prone shoulder extension)
- Progress strengthening as full ROM is achieved.
- Focus on proper mechanics of the shoulder with active movements and functional activities.
- Do not strengthen through pain.

#### Home Exercise Program

1. Stretching for full ROM in all directions
2. Active exercise as directed by physical therapist
3. Cryotherapy prn