



ORTHOPAEDIC & FRACTURE CLINIC

Anterior Acromioplasty/Arthroscopic Decompression Protocol

General Considerations

- Immobilization/support in sling is between two to seven days per patient comfort.
- Type I and III superior labral anterior posterior (SLAP) lesions are treated per the anterior acromioplasty protocol.
- AROM limitation prior to surgery related to capsular and/or soft tissue changes should be taken into consideration when considering functional AROM return post surgery.
- The protocol is intended as a general guideline to be followed by the patient and therapist to assist in directing appropriate rehabilitation after anterior acromioplasty/arthroscopic decompression.

Phase I (0 – Three Weeks Post Op) Three-Six Visits

Goal: Forward flexion to 150, external rotation to 50, internal rotation to T10.

- P/AA/AROM flexion, external rotation and internal rotation. Elbow AROM.
- Strengthening per exercise key (scapular stabilization # 1 & 2), sub-maximal, pain-free isometrics below 90 of elevation and grip activities.
- Modalities and manual techniques to control pain and inflammation.

Phase II (Three – Six Weeks Post Op) Three-Six Visits

Goal: Full AROM of the shoulder by six weeks post op.

- AROM flexion, external rotation, internal rotation and abduction.
- Pain-free maximal isometric shoulder strengthening progressing to isotonic per exercise key (isometrics #1-5) (isotonics #1-5).
- Continue with scapular stabilization exercises.

Phase III (6 – 12 Weeks Post Op) One-Three Visits

Goal: Equal strength and mobility as uninvolved upper extremity.

- Strengthening per exercise key (isotonic exercises #1-8/scapular stabilization exercises #1-5).
- Primarily home based exercise program.

Wand Exercises (AAROM)

1. Codman's.
2. Flexion in supine.
3. Internal rotation.
4. External rotation.
5. Abduction (four – six weeks).
6. Flexion in standing (four – six weeks).

Isometrics

1. Flexion.
2. External rotation.
3. Abduction.

Scapular Stabilization

1. Retraction.
2. Depression.
3. Horizontal abduction (thumb up) at six weeks.
4. Serratus anterior at six weeks.
5. Proprioception (ball on wall/wobble board) at eight weeks.

Strengthening

1. Flexion.
2. ER side-lying.
3. IR antigravity.
4. ER prone.
5. ABD thumb up.
6. Bicep curl/tricep curl.

7. IR with tube.
8. Empty can to 45 degree level.