Acromioplasty

Immediate Motion Phase
(0-14 Days):

Goals:
• Prevent effects of immobilization
• Full, painless ROM
• Prevent atrophy
• Reduce pain & inflammation

Treatment:
• Passive & active assisted motion exercises
  o Pendulum
  o T-bar
• Capsular stretches
• Strengthening
  o Submaximal isometrics
• Modalities
  o Ice
  o E-stim

Intermediate Phase
(2-6 Weeks):

Goals:
• Normalize full ROM
• Regain & improve strength
• Improve neuromuscular control
• Eliminate pain & inflammation

Treatment:
• Active assisted ROM
• Active ROM
• Aggressive stretching
• Strengthening
  o Isotonic dumbbell
  o Theraband exercises
• Neuromuscular control exercises
  o PNF
• Cardiovascular fitness