



# Orthopaedic Protocols

## 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
  - Pendulum
  - T-bar
- Capsular stretches
- Strengthening
  - Submaximal isometrics
- Modalities
  - Ice
  - 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
  - Isotonic dumbbell
  - Theraband exercises
- Neuromuscular control exercises
  - PNF
- Cardiovascular fitness