Subacromial Decompression
(Arthroscope)

Phase I
Immediate Motion (0-14 Days)

Goals:
- Prevent effects of immobilization
- Full, painless PROM
- Prevent atrophy
- Reduce pain & inflammation

Treatment:
- Modalities
  - Ice
  - E-stim (high volt)
- Capsular stretches
- Passive & active assisted motion exercises
  - Pulleys
  - Pendulum
  - T-bar
- Strengthening
  - Submaximal isometrics
  - AROM of elbow, wrist, hand

Phase II
Intermediate (2-6 Weeks):

Goals:
- Full ROM
- Improve strength
- Improve neuromuscular control
- Eliminate pain & inflammation

Treatment:
- Aggressive stretching
- Strengthening
  - Submaximal isotonics
  - Isokinetics
- Neuromuscular control exercises
  - PNF
- Cardiovascular fitness
  - UBE
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Phase III
Dynamic strengthening (6-12 Weeks)

Goals:
- Improvement strength, power, endurance
- Improve neuromuscular control
- Gradual return to functional activities

Treatment:
- Aggressive stretching
- Strengthening
  - Constant loading (eccentric & concentric)
  - Isokinetics
  - Manual resistance
  - Plyometrics
- Neuromuscular control exercises

Phase IV
Returning To Activity
- Unrestricted activities