



# Orthopaedic Protocols

## 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 isotonic
  - Isokinetics
- Neuromuscular control exercises
  - PNF
- Cardiovascular fitness
  - UBE

## **Subacromial Decompression (Arthroscope)**

### **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