

Subacromial Decompression/Distal Clavicle Excision Rehabilitation Protocol

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase 1 0-4 weeks	ROM Goals: 140 degrees forward flexion, 40 degrees external rotation at side, internal rotation behind back with gentle posterior capsule stretching. No abduction or 90/90 external rotation until 4-8 weeks post-op	0-2 weeks: sling to be worn for comfort only 2-4 weeks: discontinue use sling	Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, Codman's. NO resisted motions
Phase 2 4-8 weeks	Increase ROM as tolerated. ROM Goals: 160 degrees forward flexion, 60 degrees external rotation at side, internal rotation with gentle posterior capsule stretching behind back and at 90 degrees of abduction	None	Begin light isometrics with arm at side, rotator cuff and deltoid – advance to therabands as tolerated. Passive stretching at end ranges to maintain flexibility.
Phase 3 8-12 weeks	Progress to full motion without discomfort	None	Advance strengthening as tolerated, begin eccentrically resisted motions and closed chain activities.
Phase 4 4-6 months	Full and Pain Free	None	Progress to normal sport specific activities: forward/backward running, cutting, agility, shuttles