

ARTHROSCOPIC ACROMIOPLASTY PROTOCOL

- Postop
- 0-1 Week
- 1. Sling worn for comfort.**
 - Pendulum exercises 3x/day minimum.
 - Elbow and wrist AROM 3x/day minimum.
 - Cryo Cugg/ice: Days 1-2 as much as possible, then post activity for pain.
- 1-2 Weeks
- 1. Avoid active elevation (anterior deltoid) until 6 weeks**
 - PROM/AAROM (wand, pulley) within pain tolerance
 - Submaximal isometrics for shoulder musculature
 - Manual resistance for scapular motions
 - Postural awareness education
 - Gentle soft tissue mobilization
 - Modalities as indicated for pain or inflammation
 - Therapist supervised UBE for motion, avoiding substitution or impingement
- 2-6 Weeks
- Progress PROM and AROM as tolerated
 - Joint mobilization for scapula and glenohumeral mobility (posterior capsule stretching)
 - Strengthening exercises for scapular stabilizers and rotator cuff
 - Emphasis of strengthening on high reps and low weight, with postural awareness.
 - May include PREs, theratube/band, PNF, and weight equipment. No resistive biceps until 6 weeks with bicep tenodesis
- Goal: Involved shoulder AROM grossly with normal limits without shoulder hiking by 6 weeks.**
- 6-12 Weeks
- Progress to independent strengthening program
 - Reinforce postural awareness, quality of exercise techniques, and proper PRE progression

Criteria for return to sports:

- **Cleared by MD**
- **Full pain-free ROM**
- **85% strength of uninvolved**
- **Completion of return-to-sports program**