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Shoulder Arthroscopic Debridement, Decompression, Distal Clavicle Excision Rehabilitation

The following is a basic framework from which to work during rehabilitation following shoulder arthroscopic debridement, subacromial decompression, with or without distal clavicle excision. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

	Range of Motion	Sling	Exercises
Phase I 0 – 4 weeks	PROM as tolerated*	0 – 2 weeks: worn for comfort only 2 – 4 weeks: discontinue	0 – 2 weeks: Elbow/wrist/hand ROM, pendulums, wall stretch at home per therapist 2 – 4 weeks: grip strengthening, pulleys/canes, elbow/wrist/hand ROM, pendulums Deltoid, rotator cuff isometrics Scapular protraction/retraction
Phase II 4 – 8 weeks	Increase as tolerated to full	None	Advance isometrics with arm at side, rotator cuff and deltoid Advance to Therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility
Phase III 8 – 12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sports and full activity as tolerated after 12 weeks

***If distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op.**