

SPECTRUM MEDICAL

Surgical Date: _____

Rehab Start Date: _____

SAD Protocol

ARTHROSCOPIC SUBACROMIAL DECOMPRESSION

IMMEDIATE MOTION PHASE (0 - 2 WEEKS)

GOALS: Re-establish non-painful range of motion

Retard muscular atrophy

Re-establish dynamic stabilization

Decrease pain/inflammation

WEEK ONE

Range of motion:

- Pendulums
- Rope and pulley (non-painful arc of motion)
- L-Bar exercises
 - Elevation in scapular plane
 - ER/IR (begin at 30° abduction; progress to 45° abduction)

Strengthening exercises:

- Isometrics flexion, extension, abduction, ER, IR, biceps
- Rhythmic stabilization exercises (ER/IR & flex/ext)

Decrease pain/inflammation:

- Ice, NSAIDS, modalities

WEEK TWO

- Continue all ROM exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-Bar at 90° abduction
- Progress elevation to full ROM
- Progress isometrics
- Initiate ER/IR tubing at 0° abduction
- Initiate prone rowing

INTERMEDIATE PHASE (WEEK 2 - 6)

GOALS: Regain & improve muscular strength

Normalize Arthrokinematics

Improve neuromuscular control of the shoulder complex Diminish pain

CRITERIA TO PROGRESS TO PHASE II:

1. Full ROM
2. Minimal pain & tenderness
3. "Good" MMT of IR, ER, flexion

WEEK 2-3

Exercises:

- Initiate isotonic program (no weight)
 - Shoulder elevation
 - Prone rowing
 - Prone horizontal abduction
 - Sidelying ER
 - Shoulder abduction to 90°
 - Shoulder extension to neutral
- * After one week provided patient has no pain and proper form, initiate exercise with 1 pound weight
- Normalize arthrokinematics of shoulder complex
 - Continue L-Bar ROM
 - Elevation in scapular plane

SPECTRUM MEDICAL

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SAD Protocol

- ER/IR at 90° abduction
- Joint mobilization
 - Inferior, posterior, and anterior glides
- Initiate neuromuscular control exercises for scapula
- Initiate trunk and lower extremity exercises
- Initiate UE endurance exercises

Decrease pain and inflammation

- Continue use of modalities, ice, as needed
 - * May use heat prior to exercise program

WEEK 4-5

- Progress to fundamental shoulder exercise program

DYNAMIC STRENGTHENING PHASE (WEEK 6-12)

GOALS: Improve strength/power/endurance

Improve neuromuscular control Prepare athlete to return to sport

CRITERIA TO PROGRESS TO PHASE II:

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to the contralateral side

WEEK 6-8

Exercises:

- Continue isotonic program fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises
- Initiate plyometric activities (2 hand drills)
 - * If patient's goal is sport activities
 - Chest Pass
 - Side to side throws

WEEK 9-12

- Continue all exercises
- Initiate one hand plyometric drills
 - Wall dribbles, Baseball Throws, Shovel Throws
- Initiate interval sport program (week 10-12)
 - * If patient achieves specific criteria

IV: RETURN TO ACTIVITY PHASE (WEEK 13-22)

GOALS: Progressively increase activities to prepare for full functional return

CRITERIA TO PROGRESS TO PHASE IV:

1. Full ROM
2. No pain or tenderness
3. Satisfactory muscular strength
4. Satisfactory clinical exam

Exercises:

- Continue ROM and strengthening program
- Continue self capsular stretches as needed
- Continue fundamental shoulder exercise program
- Continue or Initiate interval sport program
- Gradually return to overhead activities, i.e. sports