

# Shoulder Arthroscopy

Subacromial Decompression  
Distal Clavicle Exision  
Physical Therapy Protocol



St. Joseph's Physicians  
A Member of Trinity Health

## STAGE 1

### 1 Week Post-Operative

- Do not start physical therapy until instructed to.
- Remove sling for elbow and wrist range of motion exercises.
- May discontinue sling if comfortable.

## STAGE 2

### 2-4 Weeks Post-Operative

- Continue elbow and wrist range of motion.
- Passive and Active assisted shoulder range of motion as tolerated
  - should have full passive by week four.
- Therapist supervised ergometer for motion.

## STAGE 3

### 4-8 Weeks Post-Operative

- May advance sooner if stages 1 & 2 are completed.
- Passive and active shoulder range of motion as tolerated.
- Begin strengthening program, internal and external rotation to strengthen the infraspinatus and subscapularis.
- Advance to light weights by week six. (High reps low weights)
- Joint mobilization for scapula and glenohumeral joint.