



Well Beyond.

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Postoperative Therapy Protocol

Shoulder Decompression and/or Debridement

Functional Goals

Weeks 0-2: Control pain and inflammation while regaining motion
 Weeks 2-6: Normalize range of motion and scapular kinematics
 Weeks 6-10: Improve strength while avoiding overuse
 Weeks 10-14: Prepare for return to work and sporting activities

Weeks 0-2

Full weight bearing as tolerated, sling only as needed for comfort
 Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Exercise	Reps/Sets	Days per Week	Goal
Pendulum	3 sets of 15 reps	6	Improve Motion
Table Slide	3 sets of 15 reps	6	Increase Flexion
Supine Assisted Flexion	3 sets of 15 reps	6	Increase Flexion
Supine Assisted Adduction	3 sets of 15 reps	6	Increase Adduction
Supine Assisted External Rotation	3 sets of 15 reps	6	Increase External Rotation
Supine Assisted Internal Rotation	3 sets of 15 reps	6	Increase Internal Rotation

Weeks 2-4

Continue exercises until full strength and motion regained
 Progress beginning with AAROM exercises supine or standing with wand or wall walks
 May begin internal and external rotation with resistance bands as tolerated
 Continue above motion exercises

Weeks 4-6

Continue progressing with range of motion as tolerated
 May begin strengthening program for rotator cuff and peri-scapular muscles as tolerated

Weeks 6-8

Continue as above
 When range of motion returns to normal may begin conventional weight lifting progressing as tolerated
 Full release to unrestricted activities when range of motion and strength return to normal

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.