

ACROMIOPLASTY/DECOMPRESSION PROTOCOL

POST-OP WEEK 0-2:

Home Expectations:

1. The patient needs to remain in sling for the first 2 weeks or per physician recommendation.
2. Keep wounds covered with waterproof dressings at all times.
3. May come out of sling for gentle pendulum exercises and Codman's exercises as tolerated.
4. Active range of motion of the shoulder.
 - a. No Forward flexion.
 - b. External Rotation up to 45 degrees with elbow at side.
5. Active range of motion of elbow, forearm, wrist and hand to restore normal ROM of uninvolved joints only.
6. Pain management:
 - a. Cryotherapy: Apply to surgical site to decrease post op edema and help with pain reduction. Use as often as needed.
 - b. Prescription pain medications as needed.

POST OP WEEK 2-6:

Home Expectations:

1. Wean out of sling starting at 2 weeks.
2. Continue pendulum and Codman's exercises.
3. Pain management:
 - a. Cryotherapy: Continue to use ice to decrease pain and swelling, post exercise and as often as needed.
 - b. Pain medications. Wean off of prescription pain medications and start Acetaminophen and/or NSAIDS as needed.
 - c. Elevation: Continue as needed for edema/swelling
4. Follow up with the Orthopedic Team (Physician Assistant) at 2 weeks post op.

Therapy Goals: *Start formal Physical Therapy*

1. Increase PROM and gentle external rotation (No significant overpressure at end of range).
 - a. Table Top Slides - Flexion and abduction.
 - b. Door Frame Stretches - External ROM.
2. Begin AAROM and early strengthening.
 - a. Supine assisted cane exercises in flexion.
 - b. Wall walking, pulleys, and arm ergometer as appropriate.

1. Begin gentle scapular stabilization.

POST-OP WEEK 6-8:

Home Expectations:

1. Follow up with your Orthopedic Surgeon at 6 weeks post op.

Therapy Goals:

1. Progress PROM to progress to patient's tolerance.
2. May utilize joint mobilizations as indicated.
3. Continue to AAROM as needed to work into AROM.
4. Initiate AROM/PRE's - Begin with supine/side-lying/prone exercises.
5. Progress to standing exercises as appropriate.

POST-OP WEEK 8-12:

Therapy Goals:

1. Continue home therapy program with AROM/PRE/scapular stabilization.
2. Return to all recreational and functional activities.

This protocol provides you with general guidelines for the rehabilitation of an Acromioplasty/Decompression of the shoulder. Changes in the program are made as appropriate/indicated for each patient. Any further restrictions on the physician's orders take precedence. If you have any questions regarding the patient and/or protocol, please send a message to the Little Falls Orthopedics Team or Physical Therapy Department at (320) 631-2205.