



## ***PHYSICAL THERAPY PROTOCOL FOLLOWING ARTHROSCOPICALLY ASSISTED ACROMIOPLASTY***

### ***POSTOP WEEKS 1-2:***

- Protection:  
and use**
- ❖ Sling for comfort outdoors and when sleeping
  - ❖ May bring hand to mouth for eating or washing
  - ❖ May place hand pointing straight ahead as on armrest of chair
  - ❖ May use hand for writing
  - ❖ Patient may advance to active use of arm as tolerated

**Modalities:**

- ❖ Cold pack
- ❖ Ultrasound to scapular muscles
- ❖ Effleurage from scapula to shoulder
- ❖ TENS for pain if needed

- Exercises:**
- ❖ GOAL: Full passive elevation and external rotation
  - ❖ Shoulder shrugs, pinches, grip exercises
  - ❖ Gentle elbow ROM exercises
  - ❖ Codman's pendulum exercises
  - ❖ May add light isometric exercises for deltoid, rotator cuff, and periscapular muscles for muscle re-education as pain allows
  - ❖ Advance to pulleys as tolerated; avoid scapular substitution
  - ❖ Extension exercises with stick

### ***POSTOP WEEKS 2-6:***

- Protection:  
and use**
- ❖ Discontinue use of sling as tolerated
  - ❖ Patient may advance use of arm as pain allows

**Modalities:** ❖ SAME  
❖ Add hot pack as needed

**Exercises:** ❖ Continue pulley  
❖ Begin wall slides  
❖ Supine elevation with a stick, advancing to standing elevation with stick  
❖ Begin overhead training exercises  
❖ External rotation in doorway  
❖ Begin internal rotation exercises  
❖ Advance isometrics for muscle strengthening

### ***POSTOP WEEKS 6-12:***

**Protection:  
and use** ❖ SAME

**Modalities:** ❖ SAME

**Exercises:** ❖ Advance to resistive exercises of rotator cuff, deltoid, and periscapular muscles as tolerated  
❖ Minimize pain avoiding recurrent impingement symptoms

### ***AFTER 12 WEEKS:***

**Protection:** ❖ Advance use of arm as tolerated

**Modalities:** ❖ SAME - as needed

**Exercises:** ❖ Advance resistive exercises and ROM exercises as needed