



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