

Arthroscopic subacromial Decompression + / - ACJ excision

	Sling for duration of block		
	Beware of post -op adhesive capsulitis		
	Check op note for cuff status/ associated SLAP lesion		
	Ensure normal movement patterns		
	Posterior capsular stretches if required		
	Week 0-4	Week 4-6	Week 6-12
pendular	•		
passive elevation / external rotation	•	•	
scapula stabilising	•	•	•
core stability	•	•	•
active assisted elevation / external rotation/ internal rotation	•	•	•
proprioceptive exercises (below 90 ° minimal weight bearing)	•	•	•
isometric exercises	•	•	•
active ROM	•	•	•
Strengthen		•	•
proprioception (open and closed chain)		•	•
Deltoid Regime (If cuff deficient shoulder)	•	•	•
rotator cuff control		•	•
sports specific rehab			•

Milestones	
week 6	full passive ROM, 80% of AROM (anticipate ongoing pain)
Week 12	full pain free ROM Normal movement patterns

Return to function	
return to work	sedentary job- as able Manual job- as pain and ROM allow
Driving	once adequate ROM and pain allows.
all sports	once pain and ROM allows

