

GARRETT COUNTY ORTHOPAEDICS

311 North 4th Street, Suite #3

Oakland, MD 21550

301-334-1034

Fax: 301-334-3350

**ARTHROSCOPIC SUBACROMIAL DECOMPRESSION
(NEER ACROMIOPLASTY) AND
DISTAL CLAVICLE RESECTION (MUMFORD)**

Post-op Days 1 – 7

Sling for comfort – D/C within a few days
Hand squeezing exercises
Elbow and wrist active motion (AROM)
Pendulum exercises
Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)
AROM in pain-free range as tolerated
Shoulder shrugs / scapular retraction ex without resistance
Stationary bike
Ice pack PRN

Goals

Pain control
AAROM Flexion and Abduction to 120 degrees

Days 7 – 14

Continue appropriate previous exercises
AAROM, AROM in pain-free range
Isometrics x 6 (box) – pain-free
Light Theraband for ER and IR arm at side with pillow or towel roll under arm
Standing rows with light Theraband

Goal – AROM Flexion and Abduction to 150 degrees

Weeks 2 – 4

Continue appropriate previous exercises
PROM / Mobilization as needed to regain full motion
Theraband ex x 6, pain-free
Biceps and Triceps PREs with light weight
Prone scapular retraction exercises
Body Blade
UBE forwards and backwards
Elliptical trainer
Treadmill – Walking progression program

Goal – Full AROM

Weeks 4 – 6

Continue appropriate previous exercises
Theraband ex x 6 with increasing resistance
Seated row weight machine with light weight
Ball on wall (arcs, alphabet)
BAPS on hands
Ball toss with arm at side
Push-up progression against wall
Treadmill – Running progression program

Goal – 30 wall push-ups

Weeks 6 – 8

Continue appropriate previous exercises
Bench press with light weight
Ball toss overhead
Push-up progression – Table to chair
Pool therapy
Running progression to track

Goal – Normal rotator cuff strength

Months 2 – 4

Continue appropriate previous exercises with increasing resistance
Push-ups, regular
Sit-ups
Swimming pain free strokes only, progress to overhead/freestyle.
Transition to home / gym program

Goals

Return to all activities

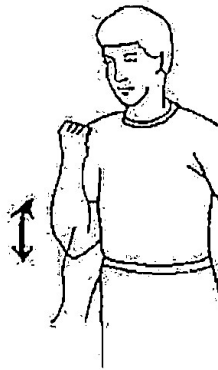
Todd W. Feathers, MD
Orthopaedic Surgeon

Shoulder Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

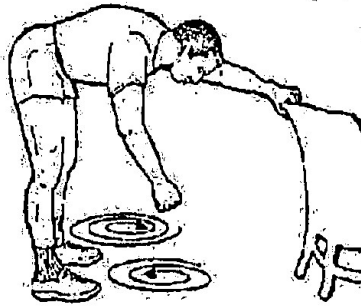
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice 20 min 3-5 x per day

