Mufaddal M. Gombera, MD  
Orthopedic Surgery and Sports Medicine  
Fondren Orthopedic Group  

POSTOPERATIVE REHABILITATION PROTOCOL  
SHOULDER ARTHROSCOPIC DEBRIDEMENT,  
SUBACROMIAL DECOMPRESSION, with or without DISTAL CLAVICLE EXCISION

Sling for comfort, discontinue as tolerated  
May advance rehabilitation as rapidly as motion and pain allow  
For distal clavicle excision, avoid cross-body adduction until 8 weeks post-op  

PHASE 1 – (Passive)  
Week 1  
Pendulums to warm-up.  
Passive Range of Motion  
Supine External Rotation   Full  
Supine Forward Elevation   Full  
Internal Rotation   Full  

PHASE 2 – (Active)  
Week 2  
Pendulums to warm-up  
Active Range of Motion with Terminal Stretch to prescribed limits  
Supine-Seated External Rotation  
Supine-Seated Forward Elevation  
Internal Rotation  

PHASE 3 – (Resisted)  
Week 3  
Pendulums to warm up and continue with Phase 2  
External and Internal Rotation  
Standing forward punch  
Seated rows  
Shoulder Shrugs  
Bicep Curls  
Bear Hugs  

WEIGHT TRAINING  
Week 4 and beyond  
Keep hands within eyesight, keep elbows bent  
Minimize overhead activities  
No Military press, pull downs behind head, or wide grip bench  
Sport-specific rehabilitation  

RETURN TO ACTIVITIES  
Computer   1-2 weeks  
Golf   4 weeks  
Tennis   8 weeks  
Contact Sports   3-4 months