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**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