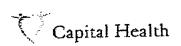
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Specializing in Upper Limb and Trauma Surgery

ARTHROSCOPIC ACROMIOPLASTY PROTOCOL

With no rotator cuff tear, partial cuff tear debridement, or SLAP debridement)

Guidelines:

The following protocol is to be used as a guideline only. Variation from the protocol may be necessary depending on the extent of original injury, type of surgery performed, pain level, degree of stiffness, and strength.

Example: SLAP debridement will require delayed onset of shoulder flexion and biceps resisted

exercises than listed below (To be started at 4 weeks post-op)

SLING – Use as needed for first 3 days

DAY 1:

- Elbow, wrist, and hand full active range of motion (ROM)
- Shoulder pendular exercises
- Self assisted shoulder elevation lying supine
- Active assisted external rotation (arm by side using broom handle) lying supine

1 WEEK:

- Active assisted ROM all directions within limits of pain
- Pain free isometric shoulder exercises
- Self assisted functional internal rotation (contralateral side lye progress to standing)
- Shoulder extension past neutral using broom handle (Do in week 2 if SLAP debridement)
- Active scapular retraction exercise (no weights, no arm movements)
- Passive ROM using arm ergometer at slow speeds (i.e no resistance)

2 WEEKS:

- Once pain control achieved, begin slow, controlled shoulder active ROM exercises (no weight)
 - → Bent over elevation exercises (forward, backwards, outwards)
 - → Side lye external rotation exercises
 - → Supine broom handle press up (help from normal arm), progress to supine pendulars
- Bicep / Tricep strengthening exercises with no shoulder movement
- Scapular strengthening
 - → Retraction exercises
 - → Prone row to midline

3 WEEKS:

- Resisted shoulder exercises (free weights or elastic tubing) below shoulder height no pain
 - → Abduction in scapular plane may be easier initially
- Shoulder stretching/ mobilizations (assess posterior capsule for tightness)
- Progress ROM in all directions
- Progress to arm ergometer with added resistance (controlled speed as tolerated)

6 WEEKS:

- Advanced strengthening

(Should have good pain control and cuff should be at 80-90% strength, ROM near full)

- → Closed chain exercises: wall pushups, close grip press ups
- → Proprioceptive training: ball toss, balance exercises, physio-ball
- → Rhythmic Stabilizations
- → Combined movements

8 WEEKS:

- Activity/ Work/ Sport specific exercises