

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