



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



ARTHROSCOPIC SUBSCAPULAR DECOMPRESSION

Revised August 2008

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, pulleys, wall climb)
AROM in pain-free range as tolerated
Shoulder shrugs / scapular retraction without resistance
Stationary bike
Ice pack

Goals

Pain control
AAROM Flexion and Abduction to 120 degrees

Days 7 – 14

Continue appropriate previous exercises
AAROM, AROM throughout full range as tolerated
1-2 Finger Isometrics x 6 (fist in box)
Theraband for ER and IR with arm at side and pillow or towel roll under arm
Body Blade

Goal – Symmetrical AROM ER and IR

Weeks 2 – 4

Continue appropriate previous exercises
PROM / mobilization as needed to regain full motion
Light Theraband exercises x 6
Standing rows with Theraband
Biceps and Triceps PREs with light weight
Prone scapular retraction without weight
UBE forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Treadmill – Walking progression program

Goal – Full AROM

Weeks 4 – 6

Continue appropriate previous exercises with increasing resistance
Push-up progression – Wall to table
Ball toss with arm at side, light weight
BAPS on hands
Treadmill – Running progression program

Goal – 30 table push-ups

Weeks 6 – 8

Continue appropriate previous exercises
Push-up progression – Table to chair
Chest press with light weight
Seated row with light weight
Fitter on hands
Ball toss overhead
Pool therapy

Goal – Normal rotator cuff strength

Months 2 – 4

Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Swimming
Gravitron – Pull-ups, dips
Running progression to track
Progressive weight training
Transition to home / gym program

Goals

Resume all activities
Pass APFT at 4 months post-op

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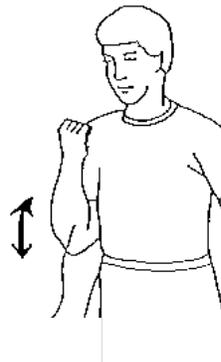
Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

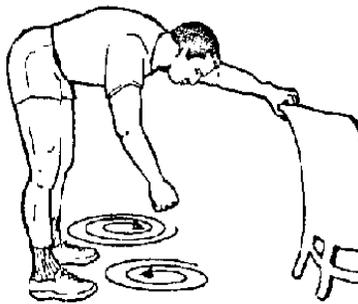
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day



Appointments?? Questions??

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