



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



## ARTHROSCOPIC SUBSCAPULAR DECOMPRESSION

*Revised May 2005*

### **Post-op Days 1 – 7**

Sling for comfort – D/C within a few days  
Hand squeezing exercises  
Elbow and wrist AROM  
Pendulum exercises  
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  
Gravitrone – 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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