

# **ARTHROSCOPIC SUBACROMIAL DECOMPRESSION (NEER ACROMIOPLASTY) AND DISTAL CLAVICLE RESECTION (MUMFORD)**

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

### **Goals**

Pain control  
AAROM Flexion and Abduction to 120 degrees

## **Days 7 – 14**

Continue appropriate previous exercises  
AAROM, AROM in pain-free range  
Isometrics x 6 (box) – pain-free  
Light Theraband for ER and IR arm at side with pillow or towel roll under arm  
Standing rows with light Theraband

**Goal** – AROM Flexion and Abduction to 150 degrees

## **Weeks 2 – 4**

Continue appropriate previous exercises  
PROM / Mobilization as needed to regain full motion  
Theraband ex x 6, pain-free  
Biceps and Triceps PREs with light weight  
Prone scapular retraction exercises  
Body Blade  
UBE forwards and backwards  
Elliptical trainer  
Treadmill – Walking progression program

**Goal** – Full AROM

## **Weeks 4 – 6**

Continue appropriate previous exercises  
Theraband ex x 6 with increasing resistance  
Seated row weight machine with light weight  
Ball on wall (arcs, alphabet)

BAPS on hands  
Ball toss with arm at side  
Push-up progression against wall  
Treadmill – Running progression program

**Goal** – 30 wall push-ups

### **Weeks 6 – 8**

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

**Goal** – Normal rotator cuff strength

### **Months 2 – 4**

Continue appropriate previous exercises with increasing resistance  
Push-ups, regular  
Sit-ups  
Gravitron – Pull-ups, dips  
Swimming  
Transition to home / gym program

#### **Goals**

Return to all activities  
Pass APFT at 4 months post-op