



JOINT PRESERVATION INSTITUTE

Shoulder Arthroscopy, Subacromial Decompression Rehabilitation Protocol

Avoid activities that lead to sustained pain.

0-6 weeks

Sling as needed

Very gentle active assisted ROM, no resistance.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Core strengthening especially transversus abdominis and paraspinal muscles.

Proprioceptive training

Scapular mobilization

Greater than 6 Weeks

Resume activities of daily living

Progressive strengthening of rotator cuff over the ensuing 3 months. Cardiovascular conditioning

Core strengthening especially transversus abdominis, multifidus