



Mercy Sports Medicine Institute &
Joint Preservation Center

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ARTHROSCOPIC SUBSCAPULAR DECOMPRESSION

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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 at 4 months post-op