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## Acromioplasty/Decompression Rehabilitation Protocol

### Post-Op: Day 1 - 3

1. Do not allow wounds to get wet while bathing or showering.
2. Ice before and after exercise and as often as possible between exercise sessions.
3. Range of motion exercises to be performed 2 - 3 times daily, as tolerated, using T-Bar, Pulleys or similar device:
  - a. Codman's Pendulum Exercises,
  - b. Gripping Exercises,
  - c. Shoulder Flexion,
  - d. Shoulder Abduction, and
  - e. Shoulder Extension.
  - f. Seated Internal/External Rotation with arm adducted and elbow flexed to 90°.
4. Strengthening exercises to be performed one time a day, without weight, as tolerated:
  - a. Shoulder Flexion,
  - b. Shoulder Abduction,
  - c. Prone Shoulder Extension,
  - d. Isometric Towel Squeezes,
  - e. Elbow Flexion & Extension,
  - f. Wrist Flexion & Extension, and
  - g. Shoulder Shrugs.

### Post-Op: Day 3 - 7

1. Do not allow wounds to get wet.
2. Ice before and after exercise and as often as possible between exercise sessions.
3. Continue range of motion exercises 2 - 3 times daily as tolerated.
4. Begin flexibility exercises 2 - 3 times daily as tolerated:
  - a. Horizontal Adduction Stretch,
  - b. Inferior Cuff Stretch,
  - c. Internal Rotation with shoulder abducted to 90° and elbow flexed to 90° stretch, and
  - d. External Rotation with shoulder abducted to 90° and elbow flexed to 90° stretch.
5. Continue previous strengthening exercises and add:

- a. Prone Horizontal Abduction with arm externally rotated,
  - b. Supine Internal/External Rotation with arm and elbow flexed to 90°,
  - c. Supraspinatus (Empty Can) Exercise, and
  - d. Supine Press
6. Physician examination at 7 - 10 days post-op. Suture removal at this time.

**Post-Op: Week 1 - 3**

1. May shower/bathe after sutures are removed and all wounds have sealed.
2. Ice, preferably ice massage, before and after exercises.
3. Continue range of motion exercises if indicated.
  - a. Full range of motion no later than 3 weeks post-op.
4. Continue flexibility exercises as tolerated.
5. Continue strengthening exercises, with weight, as tolerated 3 - 4 times per week and add:
  - a. Shoulder adduction with sport cord,
  - b. Progressive push-ups,
  - c. Bent-over rows, and
  - d. Weighted shoulder shrugs.
6. Physician examination at 3 - 4 weeks post-op.

**Post-Op: Week 3 - 6**

1. Ice after exercise.
2. Continue flexibility exercises.
3. Progress strengthening exercises, utilizing PRE principles, as tolerated and add:  
Seated Dips.
4. Physician examination at 6 weeks post-op.

**Post-Op: Week 6 - On**

1. Ice after exercise.
2. Continue flexibility exercises.
3. Progress previous strengthening exercises and add:
  - a. Push-ups,
  - b. Bench Press,
  - c. Behind the Neck Overhead Press,
  - d. Parallel Dips, and
  - e. Lat Pulldowns.

Patients heal at different rates, possess various pre-operative deficiencies, and require specific attributes to perform normal function. Due to these factors, this protocol must be individualized to each patient to allow for optimal return to desired activities.