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**ARTHROSCOPIC (OPEN) SUBACROMIAL
DECOMPRESSION**

**(NEER ACROMIOPLASTY)* AND
DISTAL CLAVICLE RESECTION (MUMFORD)**

(Rehabilitative Guidelines)

Revised June 2018

***Patients who have open procedures will have their protocols modified to prevent anterior deltoid detachment by not allowing any active forward flexion, scaption or abduction for the first 6 weeks.**

**POST – OP
DAYS 1 – 7**

Dressing – POD 2: Change dressing, remove pain pump, keep wound covered
– POD 7-10: Sutures out & steristrips – Physical Therapy or Ortho Sling for comfort only – 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
Stationary bike
Ice pack PRN

Goals

AAROM flexion and abduction 120 degrees
D/C sling

DAYS 7 – 14

Continue appropriate previous exercises
AAROM, AROM in pain-free range
Gentle capsular stretching or contract-relax as needed
Isometrics 6-way – pain-free
Initiate shoulder stabilization exercises
Theraband for rhomboid and lower trapezius facilitation (standing rows)
Theraband for ER and IR with arm at side and rolled towel in axilla
Body Blade

Goal – Functional AROM

WEEKS 2 – 4

Continue appropriate previous exercises
Capsular stretching/contract-relax as needed to regain full ROM
Theraband exercises x 6, pain-free
Triceps PRE – supine
Biceps curls – light weight
UBE forward and backward
Elliptical trainer
Treadmill – Jogging as tolerated

Goal – Full AROM

WEEKS 4 – 6

Continue appropriate previous exercises
Theraband exercises with increasing resistance
Begin push-up progression against wall, then table
Ball toss with arm at side
Treadmill – Running progression program
Pectoral stretching if needed

Goal – Near normal rotator cuff strength



WEEKS 6 – 8

Continue appropriate previous exercises
Push-up progression to chair, knees and regular as tolerated
Chest press with light weight
Seated row with light weight (Total gym level 1-3)
Ball toss overhead as tolerated
Fitter and BAPS on hands as tolerated
Pool therapy
Running on track

Goal – Normal rotator cuff strength

MONTHS 2 – 4

Continue appropriate previous exercises
Swimming
Gravitron – pull-ups, dips

Goal – Pass APFT at 4 months post-op