

Arthroscopic Subacromial Decompression

Phase I: (1-2 weeks)

Motion: PROM, AAROM, Pendulums, Pulleys
Strengthening: Isometrics and Isotonics (theraband)
Modalities: Cryotx, E-Stim

Phase II: (4-6 weeks)

Motion: Full AROM/PROM
Isotonic w/dumbbells, Scapular stabilization

Phase III: (>6 weeks)

Dumbbell strengthening, plyometrics, Theraband to 90/90 IR/ER