

Subacromial Decompression Post Operative Rehabilitation Protocol

Following Surgery:

- Expect arm immobilization sling to be worn at all times (except during exercises) for 2 weeks
- Ice shoulder for 15 minute intervals until your next clinic visit.
- May begin showering at 3 days. Allow shower water to run over surgical incisions. Do NOT scrub. Pat dry and then apply Band-Aids.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 102°F, shortness of breath, or nausea and vomiting that does not improve with anti-nausea meds.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.

2 Weeks Post Op:

- Follow up appointment in clinic
- Activities as tolerated below shoulder height.
- Avoid repetitive activities at above shoulder height for 4 weeks. May then begin progressing as tolerated.

8 Weeks Post Op:

- Follow up appointment in clinic
- Progressive strengthening as tolerated no restrictions.
- Will consider corticosteroid injection if indicated.

16 Weeks Post Op:

- Follow up appointment in clinic if still symptomatic
- Expect to return to more full activities as tolerated.