

## **ARTHROSCOPIC ACROMIOPLASTY PROTOCOL**

*(Includes Treatments for: Arthroscopic Acromio-Clavicular Excision  
Arthroscopic Partial Thickness Rotator Cuff Debridement)*

### Weeks 0 to 1:

1. Sling worn for comfort
2. Pendulum exercises 3x/day minimum
3. Elbow and wrist AROM 3x/day minimum
4. Cryocuff/ ice: days 1-2 as much as possible, then post activity for pain

### Weeks 1 to 2:

1. Avoid active elevation (anterior deltoid) until 6 weeks
2. PROM/AAROM (wand, pulley) within pain tolerance
3. Sub-maximal isometrics for shoulder musculature
4. Manual resistance for scapular motions
5. Postural awareness education
6. Gentle soft tissue mobilization
7. Modalities as indicated for pain or inflammation
8. Therapist supervised UBE for motion, avoiding substitution or impingement

### Weeks 2 to 6:

1. Progress PROM and AROM as tolerated
2. Joint mobilization for scapula and glenohumeral mobility (posterior capsule stretching)
3. Strengthening exercises for scapular stabilizers and rotator cuff.
4. Emphasis of strengthening on high reps and low weight, with postural awareness. May include PRE's, theratube/band, PNF and weight equipment

**GOAL: INVOLVED SHOULDER AROM GROSSLY WNL WITHOUT SHOULDER  
HIKING BY 6 WEEKS**

### Weeks 6 to 12:

1. Progress to independent strengthening program.
2. Reinforce postural awareness, quality of exercise techniques, and proper PRE progression.