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**Patient Name:**

**Date:**

**Date of Surgery:**

**Shoulder Rehabilitation:  
Arthroscopic Acromioplasty /  
Subacromial Decompression**

**RECOVERY / RECUPERATION PHASE: WEEKS 1 - 4**

- Elbow A/AAROM: flexion and extension..
- Anti-Inflammatory Modalities **PRN**.
- Wrist and gripping exercises, codman's, pendulums, pulleys, cane assistive ROM.
- Biceps / triceps isotonic
- Scapular stabilization exercises
- Cardiovascular training as tolerated at week #2
- Discontinue sling as tolerated
- Posterior capsular stretch after warm-up
- Active and active assist ROM to tolerance
- Special: \_\_\_\_\_

**WEEKS 4 - 10**

- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week when muscle function allows
- Plyometrics

**WEEKS 10-16**

- Trunk exercises for sports specific activities (tennis, golf, skiing etc)
- Aggressive upper extremity PREs
- Plyometrics: continue and advance
- Progress PREs from side for overhead athletes

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**