



Dr McDonald / Dr Nieman
ANTERIOR 1/3 ACROMIOPLASTY

Out-patient therapy to begin two days post-op

Post-op days 1-7 (week 1)

Pendulum Exercises
ROM with wand
Wall climbs
Wean from Sling
Modalities PRN

Post-op days 8-21 (week 2 & 3)

Full PROM (stretching PRN)
Strengthening rotator cuff and scapular musculature
UBE
Soft tissue massage as needed
Continue Modalities PRN

Post-op days 22 - 42 (week 4 & 6)

Push full AROM and strengthening
Progress nautilus and weight training as tolerated
Functional activity
Continue modalities PRN

Post-op days 43 - 56 (week 7 & 8)

GOAL: Patient to have 5/5 strength throughout UE
Gradual increase to full functional activity as tolerated
May begin throwing program with athletes as tolerated

*Sling x 4 weeks with Dr. McDonald's patients

Physician Signature

Date

Physician Signature

Date

Physician Signature

Date

Physician Signature

Date