

ACROMIOPLASTY WITH INTACT ROTATOR CUFF POST-OP REHABILITATION PROTOCOL Dr. SANKO



*Please note on prescription if any deviation from protocol is preferred.

0-2 Weeks

Immobilization in sling (for comfort)
Initiate shoulder PROM - forward elevation and external rotation
Pendulum exercises
AROM of elbow, wrist, forearm and hand with elbow at side
Active scapular exercises (shrugs and retraction)
Grade I and II glenohumeral and scapulothoracic joint mobilization for pain control
Modalities PRN
Scar management following staple removal

2-4 Weeks

D/C sling
Continue above stretches
Initiate PROM - internal rotation, cross body abduction, and extension
Initiate AAROM for forward elevation and ER - progress to AROM as able
Grade II and III glenohumeral/scapulothoracic joint mobilizations
full AROM is achieved (theraband)
Modalities PRN

4-6 Weeks

Continue PROM all planes
Shoulder AAROM and AROM all planes
Scapular strengthening
Initiate theraband strengthening for shoulder IR, ER and extension as tolerated
Modalities PRN

6-12 Weeks

Continue above stretches and strengthening
Initiate rotator cuff and deltoid strengthening
Bodyblade/plyometrics
Appropriate variable resistance and gentle free weight resistance exercises
Work hardening/sport-specific exercises as needed