

Physiotherapy Protocol:

**Arthroscopic Subacromial Decompression**

Remove sling for washing only. Lean forward with the arm hanging down to get into the armpit for washing.

Weeks 0-3:

- Elbow ROM, wrist ROM

Weeks 3-6:

- PROM → AAROM → AROM as tolerated
- ROM goals: Week 0-2; 90° FE/0° ER at side  
Week 2-4; 140° FE/40° ER at side
- No abduction-rotation until 4-8 weeks post-op
- No resisted motions until 4 weeks post-op
- Discontinue sling at 1-2 weeks post-op; use sling only when sleeping if needed
- Heat before. Ice after Physio sessions

Weeks 6-9:

- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals: 160° FE/60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated

Weeks 9-12:

- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilisers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions and closed chain exercises.