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ARTHROSCOPIC SUBACROMIAL DECOMPRESSION, LABRAL/CUFF DEBRIDEMENT, AND DISTAL CLAVICLE RESECTION

General Guidelines

- Sling for comfort – discontinue within a couple of days
- Can bend shoulder, elbow, wrist, fingers fully after surgery
- Return to sports 2-3 months

Post-op Days 1 – 7

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Sling for comfort – D/C within a few days

Hand squeezing exercises

Elbow and wrist active motion (AROM)

Pendulum exercises

Active assist motion (AAROM) in pain-free range (supine wand, wall climbs, pulleys)

AROM in pain-free range as tolerated

Shoulder shrugs / scapular retraction ex without resistance

Stationary bike

Ice pack PRN

Weeks 1 – 6

Goals: Full AROM

Therapy:

Continue appropriate previous exercises

PROM / Mobilization as needed to regain full motion

Theraband ex x 6, pain-free

Biceps and Triceps PReS with light weight

Prone scapular retraction exercises

Seated row weight machine with light weight

Body Blade

UBE forwards and backwards

Elliptical trainer

Treadmill – Walking progression program

Weeks 6 – 9

Goals: Full AROM, normal rotator cuff strength

Therapy:

Continue appropriate previous exercises Bench press with light weight

Ball toss overhead

Fitter on hands

Push-up progression – Table to chair Pool therapy

Running progression to track

Weeks 9 – 12

Goals: Return to all activities

Therapy:

Continue appropriate previous exercises with increasing resistance Push-ups, regular

Sit-ups

Gravitron – Pull-ups, dips

Swimming

Transition to home / gym program

Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

