

(PROTOCOL #26) POST-OP PROTOCOL FOR ARTHROSCOPIC ACROMIOPLASTY

Jackson Orthopedic Specialists, P.L.L.C.
 Robert M. Doane, M.D., P.C.
 956 Cooper Street; Jackson, MI 49202
 Phone: (517)787-3900 Fax: (517)787-4318
www.jacksonorthopedicspecialists.com
info@jacksonorthopedics.com

The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UNDER DIRECTION OF PHYSICIAN**

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/ RESTRICTIONS
0 – 4 WEEKS	<ul style="list-style-type: none"> • Ice will be utilized during this phase to control pain and swelling • Passive, active-assistive and/or active ROM are performed depending on the patient’s tolerance. These exercises consist of pendulum, pulley, PROM and/or wand exercises in all planes of motion as tolerated • Isometric strengthening exercises are also initiated at this time 	<ul style="list-style-type: none"> • Repair active ROM as tolerated • Pain-free sleep and activities of daily living to shoulder height
Weeks 4 – 8	<ul style="list-style-type: none"> • Ice is used depending on the patient’s symptoms • Doorway stretching for flexion and external rotation is used to attain end-range motion if needed • Tubing exercises are initiated at this time. Patients will begin with IR/ER in a neutral position, progressing to flexion, extension, and abduction as tolerated. Tubing exercises should remain at or below 90° of elevation • Dumbbell exercises are implemented when tolerated. Flexion/abduction to 90°, IR/ER in sidelying position • Emphasis is placed on proper elevation techniques and scapular stabilization 	<ul style="list-style-type: none"> • Full pain-free AROM and light work activities

(PROTOCOL #26) POST-OP PROTOCOL FOR ARTHROSCOPIC ACROMIOPLASTY

Jackson Orthopedic Specialists, P.L.L.C.
 Robert M. Doane, M.D., P.C.
 956 Cooper Street; Jackson, MI 49202
 Phone: (517)787-3900 Fax: (517)787-4318
www.jacksonorthopedicspecialists.com
info@jacksonorthopedics.com

<p>Weeks 8 – 10</p>	<ul style="list-style-type: none"> • The focus of this phase is on the functional return of the patient to his or her prior level of activity • The patient will be able to utilize heavier weight with exercise and may begin weight room activities such as bench press, lat pulls to front, rows, bicep/tricep work. Strength exercises at or above 90° may be implemented as long as it is pain free. Exercises done behind the neck such as lat pulls to the back, shoulder press, flys, pect. deck are discouraged. • Implementation of a sport specific functional progression is appropriate at this time. • The patient is discharged once they have full ROM, normal Strength and resumed full pain free, uninhibited activity. 	<ul style="list-style-type: none"> • Pain-free work or athletic activities
----------------------------	---	---

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date: _____
 Robert M. Doane, M.D., P.C.

Signature: _____ Date: _____
 Balu Pisupati, PT

2002