

Postoperative Rehabilitation Subacromial Decompression/Mumford

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Phase I: 0 – 4 Weeks

Goals:

1. Minimize postoperative pain/swelling.
2. Restore free joint motion.
3. Maintain voluntary muscle activity.
4. Protect subacromial space/rotator cuff tendons.
5. Independent with home exercise program.

Immobilization:

1. Sling worn for comfort. May begin to wean out during 1st week.

Modalities:

1. Cryotherapy.
2. Pain modification.

ROM:

1. Push ROM as tolerated
2. Patient to progress to full ROM of all motions by week 4.

Exercises:

1. Elbow, wrist and hand ROM, pendulum, table slide, cane exercises, overhead pulley.
2. Clinician directed PROM.
3. Begin submaximal isometrics weeks 1-2 (progress intensity and multi-angles as tolerated).
4. Scapular stabilization program (start sidelying then progress to prone)
5. Begin Rhythmic Stabilization week 2-3 (start arm at side then progress ranges).
6. Progressing PRE's (arm at side) at 3-4 weeks pending tolerance

Phase II: 4-8 Weeks

Goals:

1. To demonstrate full active and passive ROM in all planes.
2. Maximize muscle strength of rotator cuff and scapular stabilizers.
3. Protect subacromial space/rotator cuff tendons.

Modalities:

1. Cryotherapy.
2. Pain modification.

ROM:

1. PROM should be full in all directions or aggressively pursuing this.

Exercises:

1. Pulleys, pendulum, passive ROM as indicated.
2. Proprioceptive training-progressing rhythmic stabilization in standing
3. Progress PRE's (0-90) to maximize scapular and rotator cuff strength.
4. Total Arm Strengthening.
5. May begin overhead activities and throwing program when isokinetic strength goals are met as below.

Strength Testing: (as indicated per patient long term goals- i.e. Returning to strenuous work or sports)

1. Isokinetic testing of internal rotation/external rotation at 60° and 180°/sec at week 8.
2. Desired goal is 25-30% Tq/BW for internal rotation and 15-20% Tq/BW for external

Phase III: Week 8+

Goals:

1. Maximize muscle strength of rotator cuff and scapular stabilizers.
2. Protect subacromial space/rotator cuff tendons.
3. Return to pain-free functional sport and/or work activities.

Exercises:

1. Emphasize progression of PRE's (all ranges) and Total Arm Strengthening.
2. Throwing program - according to strength results.
3. Overhead activities - according to strength results.
4. Closed chain activities - push up progression.

Strength Testing:

1. Continue testing monthly until desired goals met. (as indicated per patient type)

Return to Sport/Function:

1. Strength goals met.
2. Pain free.
2. Completion of Throwing Program, Functional Progression, Work Hardening as indicated.

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