Rehabilitation following Open Acromioplasty

Phase One – Maximum Protection Phase (week 0-4)
Phase One Goals:
- Protect the anatomic repair
- Promote early ROM
- Promote dynamic stability
- Diminish pain and inflammation

*Post-Op 0-3 weeks*
1) Brace or Sling with activity and sleeping (2-4 weeks)
2) Pendulum Exercises (Gentle)
3) PROM to tolerance in all shoulder motions
4) Grade I-II glenohumeral/scapulothoracic joint mobilizations
5) Initiate gentle scapular stabilization exercises
6) Active elbow ROM
7) Hand Gripping Exercises
8) Sub-maximal Isometrics at neutral (resting) position of shoulder
   - Flexors
   - Extensors
   - IR/ER
   - Elbow Flexors
9) Initiate T-band exercises for internal/external rotation (3-4 weeks)
10) AAROM
   - a. Flexion to tolerance
   - b. ER/IR to tolerance
11) Ice and pain modalities as tolerated
12) No active abduction (4 weeks)

*Post-Op 3-4 weeks*
1) Discontinue brace or sling (2-4 weeks)
2) Continue PROM as tolerated
3) Grade II-III glenohumeral/scapulothoracic joint mobilizations
4) Continue AAROM exercises
   - a. Shoulder flexion to tolerance
     - ER/IR range to tolerance
5) Continue scapular/core stabilization
6) Continue ice and pain modalities as tolerated
Phase Two – Minimum Protection/Intermediate Phase (week 4-8)

Phase Two Goals:
- Gradually restore full ROM (week 10)
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance
- Reduce compensatory movements

Post-Op 4-8 weeks
1) Continue with AAROM exercises
   Flexion to tolerance
   ER/IR to tolerance (should be performed at 45-90° passive abduction)
   May begin light AAROM into abduction to tolerance.

2) Continue T-band exercises as tolerated (scapular plane)
3) Being light shoulder flexion exercise with low weight to 90° with focus on quality of movement
4) Elbow flexion/extension as tolerated
5) Scapula stabilization exercises as tolerated
6) Begin PNF diagonal patterns with light to moderate weight as tolerated

Post-Op 8-12 weeks
1) Continue with all exercises above
2) Initiate isokinetic strengthening in the scapular plane
3) Initiate rotator cuff strengthening outside of scapular plane (45°/90° abduction)
4) Initiate neuromuscular control exercises for scapular
5) Initiate plyometric strengthening
6) Isokinetic testing (week 12)

Phase Three – Advance Strengthening Phase (Week 12-15)

Phase Three Goals:
- Establish and maintain full ROM
- Improve muscular strength, power, and endurance
- Gradually initiate functional activities

Post-Op 12-15 weeks
1) Aggressive strengthening program as tolerated by patient
   Shoulder flexion
   Shoulder abduction to 90°
   ER/IR
   Elbow flexors/extensor
   Scapula muscles

2) Shoulder stabilization exercises below or at shoulder height
3) Dynamic open and closed-chain stabilization exercises for the scapula and shoulder
Phase Four – Return to Activity Phase (Week 15-20)
Phase Four Goals:
   Enhance muscular strength, power and endurance
   Progress functional activities
   Maintain shoulder mobility

Post-Op 15-20 weeks

1) Continue with aggressive strengthening
   Progression abduction strengthening to 120-140º
2) Initiate sport specific activity

Phase Five:  Return to Sports/Activity Phase (week 20)
Phase Five Goals:
   Gradual return to sport activities
   Maintain strength, mobility and stability

Post-Op 20+ weeks

1) Continue with all strengthening exercises
2) Patient may start independent resistive exercise program at gym
3) Continue with sport specific activity
4) Return to work/sports activity