

Sub-Acromial Decompression Protocol

- A. Phase I ($\approx$ 0-2 weeks) - Restore ROM and decrease inflammation
 - 1. Sling - Wear for comfort and rest. Wean as tolerated and indicated.
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM transition to AAROM and light strengthening as tolerated and indicated
- B. Phase II ($\approx$ 2-4 weeks) - ROM and beginning strength work
 - 1. Wean from sling
 - 2. Continue modalities and cryotherapy as indicated
 - 3. Continue PROM, AAROM work as needed
 - 4. Light, but progressive strength work
- C. Phase III ($\approx$ 4-6 weeks) - Strength
 - 1. Transition to gym styled strength program
- D. Phase IV (After 6 weeks) - Sport
 - 1. Begin sport specific and interval progression with gradual return to sport or desired activity