



## **ARTHROSCOPIC SUBACROMIAL DECOMPRESSION / MUMFORD REHABILITATION PROTOCOL**

### **WEEK 0 - 3**

- AAROM advance to AROM as tolerated when pain free with pulley and cane with emphasis on elevation in the plane of the scapula and external rotation. Home program, two times daily for fifteen minutes per session. Instruct patient in pulley use sitting or standing; cane use standing, sitting and supine. Clinic instruction and review during this time period usually limited to three to five visits.
- Early RTC eccentrics below 90 degrees
- Scapular mobility and control

### **WEEK 4**

- AROM in all planes with terminal stretches advance to gentle PRE as tolerated. Goal of full, painless ROM by the end of week four. Home program twice daily.

### **WEEK 5 - 6**

- Progressive PRE as tolerated. Free weights or theraband within limits of pain. Home program daily.
- Functional movement patterns and isolated cuff conditioning.

### **WEEK 7 - 12**

- PRE with free weights, sports cord, and/or upper extremity ergometer. Initiate and progress plyometrics. Increase endurance and strength. Goal: full recovery by 12 weeks postop.

### **Week 12 - 24**

- Home maintenance program.

Updated 1/2020