

**Christopher M. Brusalis, MD**  
 Phone: (516)-743-3036  
 Fax: (516)-743-3576  
 Email: [DrBrusalisOffice@hss.edu](mailto:DrBrusalisOffice@hss.edu)  
 Website: [www.BrusalisMD.com](http://www.BrusalisMD.com)



## Physical Therapy for Arthroscopic Shoulder Debridement/Subacromial Decompression

The following is a basic framework from which to work during rehabilitation following arthroscopic shoulder debridement/subacromial decompression. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Please provide with a home exercise program to be performed throughout rehabilitation.

Phase	Timeframe	Guidelines
I	0-4 weeks	Sling for comfort (1-2 days), then discontinue. Codman's pendulums Passive to active shoulder ROM as tolerated <ul style="list-style-type: none"> <li>• 140° forward flexion</li> <li>• 40° external rotation with arm at side</li> <li>• Internal rotation behind back with gentle posterior capsule stretching</li> <li>• No rotation with arm in abduction</li> </ul> Grip strength Elbow/Wrist/Hand ROM  Avoid 90°/90° abduction/external rotation until 8 weeks
II	4-8 weeks	Advance ROM as tolerated <ul style="list-style-type: none"> <li>• Goal- FF to 160° and ER to 60°</li> </ul> Begin isometric exercises <ul style="list-style-type: none"> <li>• Progress deltoid isometrics</li> <li>• ER/IR (submaximal) at neutral</li> </ul> Advance to theraband as tolerated  Avoid 90°/90° abduction/external rotation until 8 weeks
III	8-12 weeks	Advance to full, painless ROM Continue strengthening as tolerated Begin eccentrically resisted motion and closed chain activities Only do strengthening 3x per week to avoid rotator cuff tendinitis

**Christopher M. Brusalis, MD**  
 Phone: (516)-743-3036  
 Fax: (516)-743-3576  
 Email: [DrBrusalisOffice@hss.edu](mailto:DrBrusalisOffice@hss.edu)  
 Website: [www.BrusalisMD.com](http://www.BrusalisMD.com)



Phase	Goals	Exercises
<b>IV</b>	Achieve scapular control at 90° abduction	<p>External rotation standing from 45° to 90° abduction            External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, flexion to 90° abduction, External row standing at 90° abduction</p> <ul style="list-style-type: none"> <li>• <i>Perform all the above 1-3x 20 reps 2x/day, progressing weight resistance</i></li> </ul>
<b>V</b>	Strengthen anterior, middle, and posterior deltoid	<p>Posterior: bent over row from 0° to 45° to 90° abduction</p> <p>Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight</p> <ul style="list-style-type: none"> <li>• 1-3 x 8-20 reps at 0-4 kg</li> </ul> <p>Perform posterior deltoid drills then progress to anterior and then to middle.</p>
<b>VI</b>	Scapular control over 90° of abduction/elevation	<p>Progress ER from 90° to full ROM            Progress IR from 90° to full ROM            Progress flexion from 90° to full ROM            Progress deltoid drill in phase V to exceed 90°            Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient</p>