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Physical Therapy following Subacromial Balloon Spacer

The following is a basic framework from which to work during rehabilitation following arthroscopic implantation of a subacromial balloon spacer. 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 perform throughout rehabilitation.

Phase I – Early Motion		0-3 Weeks
Days 1-9	<ul style="list-style-type: none"> • Sling immobilization • Elbow, wrist, and hand exercises 	
Days 10-14	<ul style="list-style-type: none"> • Discontinue sling use • Pendulum (Codman), rope and pulley, AAROM supine, deltoid isometrics • Isometrics: internal rotation (IR), external rotation (ER), & deltoid • Passive ROM progressing to active ROM (AROM) 90° of flexion • External rotation with arm at side to tolerance: AAROM & PROM <ul style="list-style-type: none"> -No rotation with arm in abduction until 4 weeks -With distal clavicle excision, hold cross body adduction until 8 weeks -Avoid abduction and 90/90 ER until at least 6 weeks 	
Week 3	<ul style="list-style-type: none"> • Modified Abduction (Bar) AAROM (30° abduction progress to 45°), seat table slides – flexion only • Strengthening: advance to resistance bands as tolerated – IR, ER, and rowing with arms at side 	

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Phase II – Early Motion		4-7 Weeks
Week 4	<ul style="list-style-type: none"> Progress AROM flexion in supine (Goal 90-145°) Progress resistance bands: <ul style="list-style-type: none"> Shoulder extension Scapula retraction Lower trapezius exercise (ER/IR with arm at side) 	
Week 5	<ul style="list-style-type: none"> Progress AROM flexion as tolerated- standing (goal to overhead motion) 	
Weeks 6-7	<ul style="list-style-type: none"> Initiate side-lying light dumbbell 	

Phase III – Dynamic Strengthening		8-12 Weeks
Weeks 8-9	<ul style="list-style-type: none"> Advance to standing, painless flexion to 90° AROM (with light weight) Initiate AROM full flexion in scapular plane 160°-180° 	
Week 9-12	<ul style="list-style-type: none"> Continue strengthening as tolerated to normal ADLs <p>*Only do strengthening 5–6 times/week, no more than once daily, to avoid overuse *Perform AROM exercises 2-3 times per day, use arm for functional daily activities in pain-free ROM</p>	

Phase IV – Return to Activity		> 12 Weeks
Week 12+	<ul style="list-style-type: none"> Continue with Fundamental Maintenance Exercise Program of AROM, strengthening and returning to physical ADLs and sport such as golf, hiking, cycling etc. <p><u>Fundamental Maintenance Exercise Program</u></p> <ul style="list-style-type: none"> Collapsible bar exercises (external/internal rotation) Active assisted flexion in the supine position Resistance band exercises o External/internal rotation, <ul style="list-style-type: none"> Horizontal abduction with elbows bent Lower trapezius Rowing Standing active flexion & extension exercise Active forward flexion (standing with weight) 	