

Name _____

Date _____

Physician _____



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**Patient
Flow Sheet**

Subacromial Decompression/Arthroscopic Debridement

Sling for comfort, discontinue as tolerated.
May advance rehabilitation as rapidly as motion and pain allow.

Phase 1 - (PASSIVE)

*Pendulums to warm-up
Passive Range of Motion*

Week 1

Elbow/wrist/hand AROM
Begin active scapular retraction/protraction exercises with therapist cueing
PROM and AAROM as tolerated
Supine External Rotation – Full
Supine Forward Elevation – Full
Supine Internal Rotation - Full

Phase 2 - (ACTIVE)

*Pendulums to warm-up.
Active Range of Motion with terminal stretch to prescribed limits*

Week 2

Supine → Seated External Rotation
Supine → Seated Forward Elevation
Internal Rotation

Phase 3 - (RESISTED)

Pendulums to warm up and continue with phase 2.

Week 3

External and Internal Rotation
Standing forward punch
Seated rows
Shoulder Shrugs
Bear Hugs

Weight Training

Week 6

Light Bicep curls/resisted supination gradually progressed to premorbid levels
Keep hands within eyesight, Keep elbows bent.
Minimize overhead activities
(No military press, pull-downs behind head, or wide grip bench)

Return to Activities

Computer	1-2 weeks
Golf	4 weeks
Tennis	8 weeks
Contact Sports	4 months
Several months post-op	Late Terminal Stretching

Surgeon Comments:

Therapist Name _____