

**Jeffrey Dean, MD  
Orthopedic Surgeon**

**ARTHROSCOPIC (OPEN) SUBACROMIAL DECOMPRESSION (NEER  
ACROMIOPLASTY)\* AND DISTAL CLAVICLE RESECTION (MUMFORD)  
(Rehabilitative Guidelines)**

*Revised January 2003*

**\*Patients who have open procedures will have their protocols  
modified to prevent anterior deltoid detachment by not allowing any active  
forward flexion, scaption or abduction for the first 6 weeks.**

**Post-op Days 1 – 7**

**Dressing – POD 2: Change dressing, remove pain pump, keep wound covered**

– POD 7-10: Sutures out & steristrips – Physical Therapy or Ortho

Sling for comfort only – D/C within a few days

Hand squeezing exercises

Elbow and wrist AROM

Pendulum exercises

AAROM in pain-free range (supine wand, pulleys, wall climb)

AROM in pain-free range as tolerated

Shoulder shrugs

Stationary bike

Ice pack PRN

**Goals – AAROM flexion and abduction 120 degrees, D/C sling**

**Days 7 – 14**

Continue appropriate previous exercises

AAROM, AROM in pain-free range

Gentle capsular stretching or contract-relax as needed

Isometrics 6-way – pain-free

Initiate shoulder stabilization exercises

Theraband for rhomboid and lower trapezius facilitation (standing rows)

Theraband for ER and IR with arm at side and rolled towel in axilla

Body Blade

**Goals – Functional AROM**

**Jeffrey Dean, MD**

**Orthopedic Surgeon**

**ARTHROSCOPIC (OPEN) SUBACROMIAL DECOMPRESSION (NEER ACROMIOPLASTY)\* AND  
DISTAL CLAVICLE RESECTION (MUMFORD)  
(Rehabilitative Guidelines)**

*Revised January 2003*

**Weeks 2 – 4**

Continue appropriate previous exercises  
Capsular stretching/contract-relax as needed to regain full ROM  
Theraband exercises x 6, pain-free  
Triceps PRE – supine  
Biceps curls – light weight  
UBE forward and backward  
Elliptical trainer  
Treadmill – Jogging as tolerated

**Goals – Full AROM**

**Weeks 4 – 6**

Continue appropriate previous exercises  
Theraband exercises with increasing resistance  
Begin push-up progression against wall, then table  
Ball toss with arm at side  
Treadmill – Running progression program  
Pectoral stretching if needed

**Goals – Near normal rotator cuff strength**

**Jeffrey Dean, MD  
Orthopedic Surgeon**

**ARTHROSCOPIC (OPEN) SUBACROMIAL DECOMPRESSION (NEER ACROMIOPLASTY)\* AND  
DISTAL CLAVICLE RESECTION (MUMFORD)  
(Rehabilitative Guidelines)**

*Revised January 2003*

### **Weeks 6 – 8**

Continue appropriate previous exercises  
Push-up progression to chair, knees and regular as tolerated  
Chest press with light weight  
Seated row with light weight (Total gym level 1-3)  
Ball toss overhead as tolerated  
Fitter and BAPS on hands as tolerated  
Pool therapy  
Running on track

**Goals** – Normal rotator cuff strength

### **Months 2 – 4**

Continue appropriate previous exercises  
Swimming  
Gravitron – pull-ups, dips

**Goals**– Pass APFT at 4 months post-op