

**Jeffrey Dean, MD  
Orthopedic Surgeon**

**ARTHROSCOPIC SUBSCAPULAR DECOMPRESSION  
(Rehabilitative Guidelines)**

*Revised October 2003*

**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

**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  
Scapular stabilization exercises  
Ball toss with arm at side, light weight  
UBE forward and backward  
Elliptical trainer  
Treadmill – Jogging as tolerated  
**Goals** – Full AROM

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**Weeks 4 – 6**

Continue appropriate previous exercises  
Theraband exercises with increasing resistance  
Begin push-up progression against wall, then table  
Treadmill – Running progression program  
Pectoral stretching if needed  
**Goals** – Near normal rotator cuff strength

**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