

Physical Therapy Protocol Subacromial Decompression/Rotator Cuff Debridement

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-7

- Sling for comfort
- PROM as tolerated
- Active assist range of motion

Week 1-4

- Remove sling
- Goal for full PROM and full AROM by 4 weeks
- No weights

Week 4-6

- Begin light resistance
- Closed chain exercises
- Scapulothoracic mechanics and exercises

Week >6

- Home exercise program
- Resistance training