

ANTERIOR 1/3 ACROMIOPLASTY

Dr. Nieman

Out-patient therapy to begin two days post-op

Post-op days 1-7 (week 1)

- Pendulum Exercises
- ROM with wand
- Manual PROM
- Table glides
- Wean from Sling as directed by the physician
- Modalities PRN

Post-op days 8-21(week 2 & 3)

- Progress to full PROM (stretching PRN)
- Initiate AAROM and AROM exercises
- Strengthening rotator cuff and scapular musculature below shoulder level
- UBE
- Soft tissue massage as needed
- Continue Modalities PRN

Post-op days 22 - 42 (week 4 & 6)

- Progress to full AROM
- Maintain correct scapulothoracic movement with all strengthening exercises
- Progress resistance training as tolerated
- Functional activity
- Continue modalities PRN

Post-op days 43 - 56 (week 7 & 8)

- GOAL: Patient to have 5/5 strength throughout UE
- Gradual increase to full functional activity as tolerated
- May begin throwing program with athletes as tolerated

Physician Signature

Date

