

**ANTERIOR 1/3 ACROMIOPLASTY
POST-OPERATIVE REHABILITATION PROTOCOL
JAMES PATTERSON, MD**

Patient to be seen two days post-op

Week 1

- Pendulum exercises
- Graded ROM with a cane
- Initiate cuff stretch program as tolerated
- Wean from sling
- Modalities PRN

Weeks 2 - 3

- Full PROM
- Added strengthening, especially peri-scapular strengthening
- Continue rotator cuff stretch and add light load for long stretch program
- UBE for endurance
- Continue modalities PRN
- Soft tissue massage as needed for tightness
- Pool therapy as needed when incisions are healed

Weeks 4 -6

- Push full AROM and stretching
- Progress nautilus and weight training as tolerated
- Begin isokinetic rotator cuff strength workout
- Functional activity

Week 6 - 8

- GOAL: Patient to have 5/5 strength throughout UE
- May begin lobbing the ball, progress to throwing over the next six weeks if rotator cuff strength balance is at least 2/3 external to internal and cuff ROM is full and pain free
- Gradual increase to full functional activities including full throwing speed, as long as no pain or swelling following throwing according to the throwing progression

Physician Signature