



## Rehabilitation: Subacromial Decompression (SAD) and Distal Clavicle Resection (DCR)

### Phase 1

Sling

1) Discontinue after 1-2 days

Weeks 0- 6

- 1) Begin Active shoulder motion in all planes (Supine to Seated)
- 2) Hand, wrist and elbow active motion
- 3) Initiate independent home motion  
Home exercise program – AAROM to AROM (wand exercise for external rotation, wall climbs, etc...)
- 4) Active scapular motion (shrugs, retraction)
- 5) Isometrics

### Phase 2

Weeks 7- 9

- 1) Continue to advance to full active motion (all planes)
- 2) Continue facilitating scapular stability
- 3) Begin PRE/strengthening if full AROM
- 4) Progress to overhead resistance with proper scapulohumeral rhythm
- 5) Emphasize continued independent home stretching and transition to Independent home exercise program

Week 10

- 1) Return to regular activity as tolerated
- 2) Maintenance Program (Independent HEP)
  - Daily Stretching (all planes)
  - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

