

Dr. Troy Berg, Dr. Brent Carlson, Dr. Nathan Harris, Dr. Evan Peissig

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A

757 Lakeland Drive, Suite B

Altoona, WI 54720

Chippewa Falls, WI 54729

Patient \_\_\_\_\_

D.O.S. \_\_\_\_\_

## SUBACROMIAL DECOMPRESSION PROTOCOL

Dr. Berg: also use for distal clavicle resection, glenohumeral debridement, distal biceps tendon repair to elbow

	<b>WEEK 1-2 Begins on DOS</b>	<b>WEEK 3-6</b>	<b>WEEK 7-12</b>	<b>WEEK 13+</b>
<b>PASSIVE SCAPTION</b>	Painfree to full	Full		
<b>ACTIVE SCAPTION</b>	Start week 2 as tolerated	Painfree		
<b>PASSIVE ER/IR</b>	Start at 30° abd, progress to 45° abd	Full		
<b>ACTIVE ER</b>	Start week 2 as tolerated	Painfree		
<b>IMMOB/SLING</b>	As needed. Dr. Berg, simple sling, may wean within one week. Others, wean by 3 weeks.			
<b>P.T. visits/week</b>	1-3	1-3	1-3	1-3
<b>EXERCISES For biceps tenodesis avoid active elbow flexion for 6 weeks</b>  Questions? Please contact: Northwoods Therapy Associates Altoona, WI (715)839-9266 Chippewa Falls, WI (715) 723-5060  April 2026	Passive Pendulums	Initiate isotonic Scaption, rowing, Sidelying ER, Abd to 90, Ext to neutral	Continue with all previous isotonic, strengthening, neuromuscular control and endurance exercises	Continue ROM and strengthening program and self capsular stretches as needed. Continue fundamental shoulder exercise program. Gradually return to overhead activities and progress as tolerated.
	Pulleys		Add 1# after one week of proper form and no pain	
	Wand ER, IR, Scaption	At 9 weeks add one hand plyo's		
	Isometrics Flex, Ext, Abd, IR, ER, Biceps	Joint mobs	Wall dribbles, baseball throws	
	Rhythmic Stab	Scapular stabilization	Shovel throws	
	ER/IR Tubing	UE endurance activity	Initiate sport program	
	Prone rowing			

