



## Arthroscopic Acromioplasty Rehabilitation Protocol

### **Phase I (1-2 Weeks):**

Codman's / pendulum exercises  
Hand, wrist, elbow ROM  
Scapular ROM / stabilization exercises  
Deltoid isometrics  
Passive, AAROM, AROM without restriction

### **Phase II (2-4 Weeks):**

Continue ROM without restriction  
Continue deltoid isometrics  
Begin IR / ER isometrics  
Advance scapular strengthening below horizontal

### **Phase III (4-6 Weeks):**

Should have full, painless active motion by end of 6 weeks  
Initiate focus on strength

### **Phase IV (6-8 Weeks):**

Continue aggressive scapular strengthening  
Advance IR / ER strengthening to elevated position  
Begin endurance training  
Restore normal flexibility

### **Phase V (8 + Weeks):**

Sport specific interval training  
Activity specific plyometric program  
No restriction with regard to strengthening