



Centers for  
Orthopaedics  
*Experience in Motion*

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## OPEN ACROMIOPLASTY PROTOCOL

### Includes Treatments for:

*Open Acromio-Clavicular Excision*

*Open Small Rotator Cuff Repair*

### Post-op

#### 0-2 Weeks

##### **Sling worn for comfort**

1. Pendulum exercises 3x/day minimum
2. PROM/AAROM (wand, pulley) within pain tolerance
3. Elbow and wrist AROM 3x/day minimum
4. Cryocuff/ ice: days 1-2 as much as possible, then post activity for pain.

#### 2-6 Weeks

##### **Avoid active elevation (anterior deltoid) until 6 weeks**

1. Progress AAROM/AROM within pain tolerance
2. Sub-maximal isometrics for shoulder musculature, except flexion
3. Manual resistance for scapular motions
4. Postural awareness education
5. Gentle soft tissue mobilization and glenohumeral inferior glide
6. Modalities as indicated for pain or inflammation
7. May initiate UBE after 4 weeks.

##### **Goal: Involved shoulder AAROM grossly WNL by 6 weeks**

#### 6-12 Weeks

1. Progress AROM in all ranges
2. Joint mobilization for scapula and glenohumeral mobility
3. Strengthening exercises for scapular stabilizers and rotator cuff. Emphasis of strengthening on high reps and low weight, with postural awareness. May include PRE's, theratube/ band, PNF and weight equipment
4. Progress to independent home program.

##### **Goal: AROM grossly WNL without shoulder hiking by 12 weeks**