

Arthroscopic Acromioplasty

Partial or no rotator cuff tear

- Sling Use as required for 3 days
- Day 1
- Elbow, wrist and hand – full active range of motion (ROM).
 - Shoulder pendulum exercises.
 - Active assisted external rotation (broom handle) while lying.
 - ROM pulleys, self-assisted shoulder elevation while lying.
- Day 7
- Isometric shoulder exercises (no pain).
 - Self-assisted functional internal rotation.
 - Shoulder extension past neutral using broom handle.
 - Passive ROM using upper body ergometer (UBE) at slow speed.
- Week 2
- Once pain control is achieved, begin slow active shoulder exercises (no weights).
 - Supine broom handle press up (assistance from normal arm), progress to supine pendular exercises.
 - Bent-over elevation exercises (forward, backward, outward).
 - Side-lying external rotation.
 - Biceps / triceps strengthening exercises as tolerated (no shoulder movement).
 - Scapular strengthening (retraction exercises, prone row to midline).
- Week 3
- Resistive exercise (e.g. elastic tubing) below shoulder height – no pain.
 - Shoulder stretching / mobilizations.
 - Progress ROM in all directions.
 - Active UBE as tolerated – axis below shoulder height.
- Week 6
- Advanced strengthening, overhead exercises.
 - Closed chain exercises: wall push-ups, close-grip press-ups.
 - Proprioceptive training: physio-ball, ball toss, and balance exercises.
- Week 8
- Activity / work specific exercises.