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