

NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: _____

DATE: _____

SHOULDER ARTHROSCOPY SUBACROMIAL DECOMPRESSION

POST OP: USE CRYCUFF OR ICE AS MUCH AS POSSIBLE THE FIRST 2 DAYS,
THEN AS NEEDED FOR PAIN.

*CHANGE DRESSING TO LIGHT GUAZE FOR THE FIRST 4 DAYS, THEN LEAVE OPEN
TO AIR.

*SLEEPING IN A PROPPED OR SITTING POSITION IS MORE COMFORTABLE AS THE
SHOULDER IS KEPT ELEVATED.

*FIRST POST OP CHECK IS IN 7-10 DAYS FOR SUTURE REMOVAL.

*CALL FOR TEMPERATURE FOR >102 DEGREES, EXCESSIVE PAIN, SWELLING OR
REDNESS AROUND WOUNDS.

PHYSICAL THERAPY:

WEEK 1: TAKE ARM OUT OF SLING AND MOVE ELBOW WRIST AND HAND AT
LEAST 4 TIMES A DAY. YOU MAY DISCONTINUE THE SLING WHEN
COMFORTABLE.

WEEK 2-4: START PHYSICAL THERAPY; MODALITIES TO DECREASE PAIN AND
SWELLING, ACTIVE ELBOW, WRIST AND HAND EXERCISES. ACTIVE ASSISTED
ROM CAN BEGIN AS WELL AS PASSIVE STRETCHING TO REGAIN FULL MOTION
AND PREVENT STIFFNESS.

WEEK 5-8: START STRENGTHENING PROGRAM WITH THERABAND, ESPECIALLY
ROTATION TO STRENGTHEN SUBSCAPULARIS AND INFRASPINATUS. ALSO START
CLOSED CHAIN EXERCISES FOR SCAPULA STABILIZATION. ADVANCE TO
PULLEYS AND WEIGHTS AS TOLERATED.

WEEK 8: SPORT SPECIFIC TRAINING OR WORK HARDENING AS NEEDED.

FREQUENCY: _____ DURATION: _____

SIGNATURE: _____ JONATHAN T. NASSOS, M.D.