
Post-Op Protocol for Gregory V. Gomez, MD
Arthroscopic Debridement and/or Subacromial Decompression

Week 0-2

- Maintain sling use
- Pendulum hangs, passive ER
- Scapular retractions

Week 2-8

- Discontinue sling
- Begin PT
 - Phase I and II ROM and strengthening exercises
 - Scapular strengthening

Week 8

- Use arm as tolerated