

# 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.