



**Dr. Hagan Arthroscopic Subacromial Decompression  
and/or Debridement of Partial Rotator Cuff Tear**

**Acute Phase:** Day 1-4 post-operatively

1. Anti-inflammatory measures, Ice, NSAIDs, sling
2. Putty- grip/forearm
3. Elbow flexion and extension
4. Gentle pendulum exercises
5. Pulley/ forward flexion
6. Shoulder shrugs, protraction, scapular protraction/retraction
7. \*\*First clinic visit 10-12 post surgery\*\*

**Sub-Acute Phase:** 1-2 weeks post-operatively

1. Continue anti-inflammatory measures
2. Gentle cuff active range of motion
3. Gentle progressive resistive exercises, IR/ER /biceps/triceps

**Advanced Phase:** 3 to 8 weeks post-operatively

1. Prone or upright supraspinatus resistance as tolerated
2. Upper extremity- bike (UBE)
3. Continue rotator cuff IR/ER strengthening
4. \*\*Clinic visit at 6 weeks post surgery\*\*

**Activity Phase:** 8 to 10 weeks post-operatively

1. Activity oriented exercises (throwing/swimming/JOB)
2. Overhead handing, pull downs, dips, etc.
3. \*\*Clinic visit at 12 weeks post surgery\*\*