

Andrew Robert Malarkey, D.O.
Shoulder, Elbow and Hand Surgery
www.ohioshoulderto-hand.com
800-824-9861



Subacromial Decompression

- Outpatient procedure
- Arthroscopic procedure in which bone from the underside of the acromion is removed to increase the subacromial space
- Used to treat impingement and is often used in conjunction with other procedures

- **Preoperative:**
 - Given prescriptions for pain medication, anti-inflammatory (Toradol), anti-nausea medication
 - Prescription for PT to begin on POD #1
 - PT: ROM as tolerated. Gentle RTC, periscapular, deltoid strengthening 2-3x/wk for 6wks
 - All clearances and orders are to be faxed to hospital prior to surgical date.

- **Postoperative:**
 - **Appointments:**
 - 7-8 days for Wound Check
 - 6 wks for ROM Check
 - 12 weeks
 - 6 months
 - No X-Rays necessary unless acute trauma
 - Patient placed in sling for comfort
 - ROM as tolerated
 - No restrictions with activities or ADLs
 - Encourage ice and anti-inflammatories for pain management