



**KEVIN P. MURPHY, MD**

**Board Certified Orthopedic Surgeon**

Specializing in Sports Medicine and Arthroscopy

10475 Centurion Pkwy., Suite 220

Jacksonville, FL 32256

phone # 904-634-0640 fax # 904-634-0203

**SUBACROMIAL DECOMPRESSION  
(NEER ACROMIOPLASTY) AND  
DISTAL CLAVICLE RESECTION (MUMFORD)  
PHYSICAL THERAPY PROTOCOL**

**Preoperative Guidelines**

- Restore full shoulder AROM
- Strengthen in painfree ROM, emphasize rotator cuff/scapular stabilization musculature
- Instruct in post-op protocol
- Educate Patient on post-op compliance to ensure best functional outcome

**Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

**\*\*If the Mumford is an OPEN procedure, restrict overhead activities and heavy lifting for 3 weeks. Limit AROM to 90 degrees of flexion and abduction for 3 weeks. Use ice 20 mins, 3-5 times/day for first 5-7 days. After 3 weeks, progress per protocol**

**Phase I (Post-op Days 1-7)**

- Sling for comfort 1-2 days PRN
- Hand squeezing exercises, Elbow and Wrist AROM
- Submaximal isometrics all planes...progress to light tubing as tolerated
- Scapular mobilizations/ROM/shoulder shrugs
- Pendulum exercises
- Wand exercises (do not push into painful ROM): follow precautions above if open procedure
- Pulley exercises (do not push into painful ROM): follow precautions above if open procedure
- Ice 20 mins 3-5 times/day for the first week, then PRN after that

**Goals:** Control/reduce pain and inflammation, full elbow, hand and wrist ROM, 70% AROM

**Phase II (when 70% ROM is met)**

- UBE forward and backward
- Progress PROM/AAROM to tolerance
- Posterior capsule and posterior rotator cuff stretching
- Scapular strengthening exercises: shrugs/rows/retraction/push-outs ("punches")
- Progressive isotonics with Theraband, pulleys, free weights all directions
- Dynamic stabilization exercises for scapula: weight shifting PNF, rhythmic stabilization, ball on wall, BAPS, Body Blade, Plyoback progression
- Wall pushups....progress to table, then bent knees
- Pool program for strengthening and ROM/stretching
- Stationary bike, treadmill, jogging

**Goals:** Full AROM shoulder with normal scapulothoracic rhythm, shoulder strength at least 4+/5

**Phase III (when Phase II goals are met)**

- Regular push-ups (but not before 2 months post-op)
- Gym program (no bench press, no deep dips)
- Gravitron (painless level)
- Initiate sports-specific or work-specific drills/tasks (no overhead before 2 months post-op)
- Throwing progression (no pitching before 2 months post-op)
- May begin swimming progression

**Goals:** Normal pain free shoulder ROM and strength, normal arthrokinematics,

***No sports until at least 2 months post-op***