



Subacromial Decompression Post-Operative Time Line

1. You will be placed in a sling to be worn at all times following surgery.
2. The first post-operative appointment will be 10-14 days following the procedure. At this time, your incisions will be assessed. You will be given a prescription for physical therapy that will start 3-4 weeks after surgery.
3. The second post-op appointment will be one month after your last appointment. Your range of motion and strength will be assessed. You will be given a prescription to continue physical therapy.
4. The third post op appointment will occur one month after your last appointment. Your range of motion and strength will be assessed. If needed, a prescription for physical therapy will be given.
5. The final post-operative appointment will be approximately 3 months after surgery.
6. We will work with the therapist to ensure an appropriate and timely recovery.