



Upper Extremity Division  
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# Suprascapular Nerve Decompression

## Phase I: Early ROM (*0 to 4 weeks*)

- You may remove dressing and shower postop day # 3.
- Sutures will be removed at 10-14 days in the office.
- Ice or cold flow system encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be worn for the first week.
- Scapular ROM exercises.
- Initiate shoulder exercise program 3 times per day:
  - Immediate elbow, forearm and hand ROM.
  - AAROM: pulleys, wand and supine gravity assisted ROM.
  - Progress PROM and capsular stretching as tolerated.
  - Progress AROM at weeks 3 and 4
  - May start shoulder isometrics as pain improves.

## Phase II: Restore Function (*>4 weeks*)

- Progress PROM and capsular stretching as tolerated.
- Equate active and passive ROM.
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.)
- Progress to functional activities as tolerated.
- Progress to sport specific training with goal return to sport at 3 months