

Subacromial Balloon Spacer
Guidelines for Recommended Rehabilitation & Projected Timeline

Weeks 1 to 4

- Immobilization (e.g., sling) and passive range-of-motion exercises
 - Hand pumps
 - Isometric exercises with arm at side
 - Passive range-of-motion exercises
 - Grip strengthening

Week 5

- Light passive stretching at end ranges

Weeks 6 to 12

- Supine active range-of-motion exercise
 - Increase range of motion as tolerated
 - Advanced strengthening exercises as tolerated
 - Begin with light weights up to 5 lb (2.27 Kg)
 - Gentle passive stretching exercises

Weeks 13 to 24

- Advanced conditioning exercises
 - Range-of-motion exercises using wand activities
 - Strengthening exercises using tubing active resistance