

## Subacromial Decompression, Debridement, Manipulation, and/or Capsular Release Protocol

Following one or more of these procedures where a repair is not present and early motion is advantageous, we begin optimizing the CPM feature of the PMI 20-90 shoulder therapy system immediately in the recovery room to take advantage of the anesthetic block. Once the patient begins to awake, we begin the therapeutic benefits at lower range of motion (ROM) and progress it as tolerated. We have found that patients are encouraged to see the ROM and will tolerate it better when used early in the recovery process.

At discharge, the patient and the patient's family are given post-operative instructions on utilizing the PMI 20-90. Patients are encouraged to use the PMI 20-90 as much as possible while at home according to their physician's instructions. They are given an envelope sling that they may use when needed and they may wean from this as instructed by their physician. The PMI 20-90 is often incorporated into the formalized physical therapy regimen. This is especially important as the number of post-operative physical therapy visits is often limited. The versatility of the PMI 20-90 leads to more patient usage and better results.

Another therapeutic use of the PMI 20-90 is for pain management. Position of comfort is often difficult to achieve during the recovery process. We have found that varying degrees of abduction, some significant, are desired and preferred by the patient when resting or sleeping. The PMI 20-90 gives you this versatility. The CPM feature of the PMI 20-90 has also shown to assist in post-operative pain management and prevention of adhesive capsulitis.