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Post-Op Protocol for InSpace Subacromial Balloon Spacer

The following is a guide to rehabilitation after InSpace Subacromial Balloon Spacer. Modifications may be made based on additional surgical procedures.

This procedure was recently FDA approved for the management of irreparable rotator cuff tears with preserved function. The balloon is a biodegradable implant that temporarily occupies the subacromial space to depress the humeral head when the patient's rotator cuff is unable to accomplish that function. Rehabilitation is meant to gradually return ROM while improving strength of the residual rotator cuff tendons. It is an aid to rehabilitation of the irreparable rotator cuff tear.



□ Additional Biceps tenodesis if checked (Avoid biceps resistance > 2 lbs x 4 weeks)

PHASE I: 0-2 Weeks

Precautions:

- Sling at all times except for PT or shower
- Avoid sudden movements
- Allowed to use hand while in sling without resistance

Exercises:

- Neck, Scapula, Elbow, Hand, Wrist ROM
- Pendulums
- Passive forward flexion and abduction limited to 60°

PHASE II: 2-6 weeks

Precautions:

- Discontinue sling but can wear for comfort or at night for protection
- No sudden movements or forceful movements
- Avoid IR and ER at 90 degrees abduction



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Exercises:

- **Progressive active assisted and active range of motion to gradually increase ROM towards preoperative range over the next 4 weeks**
- **Pulleys to 90 degrees flexion and abduction**
- **Isometric and isotonic exercises to strengthen deltoid and residual rotator cuff (Infraspinatus/Teres Minor/Subscapularis)**

PHASE III: 6-12 weeks

Precautions:

- **Avoid return to sport until 12 weeks**
- **Avoid painful motion**

Exercises:

- **Progressive strengthening**
- **Initiate IR and ER at 90 degrees abduction**
- **When full painless ROM returns can begin sports specific exercises.**