



SUBACROMIAL DECOMPRESSION/BICEP TENODESIS REHABILITATION PROTOCOL

| | RANGE OF MOTION | SLING | EXERCISES |
|--------------------------------|-------------------------------------|--|--|
| PHASE I 0-4 weeks | PROM as tolerated* | 0-2 weeks: Worn for comfort only 2-4 weeks: Discontinue | 0-2 weeks: wrist/hand ROM, pendulums, wall stretch at home per instruction sheets 2-4 weeks: Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula Deltoid cuff isometrics *Avoid active biceps until 6 wks Begin scapular protraction/retraction |
| PHASE II 4-8 weeks | Increase as tolerated to full | None | Advance isometrics with arm at side, rotator cuff and deltoid Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility *Avoid active biceps until 6 wks |
| PHASE III 8-12 weeks | Progress to full without discomfort | None | Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks |

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op