



Post-Operative Rehabilitation for Subacromial Decompression and Biceps Tenodesis

Phase I: Weeks 0-4

- Sling
 - 0-2 Weeks: Worn for comfort
 - 2-4 Weeks: Discontinue use.
- ROM
 - PROM as tolerated
 - *If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op*
- Exercises:
 - 0-2 Weeks: Pendulum exercises, wall stretch, wrist/hand ROM
 - 2-4 Weeks:
 - Grip strengthening, pulleys/canes, pendulums, Wrist/hand ROM
 - Closed chain scapula exercise, deltoid isometrics.
 - Begin scapular protraction/retraction
 - **AVOID** active biceps until 6 weeks

Phase II: Weeks 4-8

- ROM
 - Increase as tolerated to Full
- Exercises:
 - Advance isometrics with arm at side
 - Advance strengthening exercises with Therabands and dumbbells as tolerated
 - Capsular stretching at end-ROM
 - **AVOID** active biceps until 6 weeks

Phase III: Weeks 8-12

- ROM
 - Progress to Full and Pain free
- Exercises:
 - Advance strength as tolerated
 - Begin eccentric resisted activities and closed chain activities
 - Advance to sport/full activity as tolerated after 12 weeks