**SUBACROMIAL DECOMPRESSION/BICEP TENODESIS**

**REHABILITATION PROTOCOL**

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|  | **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