**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 wksBegin 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