

# Rehabilitation Protocol



Dr. Sara Edwards

## **ARTHROSCOPIC DEBRIDEMENT/BICEPS TENOTOMY/DISTAL CLAVICLE EXCISION/SUBACROMIAL DECOMPRESSION**

*\*Sling for comfort, discontinue as tolerated. May advance rehabilitation as rapidly as motion and pain allow\**

### **PHASE 1 (Passive)**

#### **WEEK 1**

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation- Full
- Supine Forward Elevation- Full
- Internal Rotation- Full

### **PHASE 2 (Active)**

#### **WEEK 2**

- Pendulums to warm-up
- Active Range of Motion with Terminal Stretch to prescribed limits
- Supine-Seated External Rotation
- Supine-Seated Forward Elevation
- Internal Rotation

### **PHASE 3 (Resisted)**

#### **WEEK 3**

- Pendulums to warm up and continue with Phase 2
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bicep Curls
- Bear Hugs
- Include elbow flexion and supination for biceps tenotomy

### **WEIGHT TRAINING**

#### **WEEK 4**

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No Military press, pull downs behind head, or narrow-grip bench)

#### **Return to Activities**

Computer	1-2 Weeks
Golf	4 Weeks
Tennis	8 Weeks
Contact Sports	4 Months