

## Subacromial Decompression/Biceps Tenodesis/Debridement

Name: \_\_\_\_\_ DOS: \_\_\_\_\_  
 Dr. Frank \_\_\_\_\_ DX: \_\_\_\_\_

week/month \_\_\_\_\_ **Week** \_\_\_\_\_

	<b>Phase I- Maximal Protection (PROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b> FE: Full as tolerated ER: _____ IR: _____ ABD: _____  Begin AROM as Tolerated  Sling For comfort unless noted otherwise  T.E.D. Hose 2 weeks to prevent DVT  Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)  x-Biceps Tenodesis No Resisted Elbow Flexion For 6 Weeks	<b>DATE</b>															
	Scapular Retraction-Depression	•	•	•	•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums	•	•	•	•	•	•									
	AAROM			•	•	•	•									
	<b>Passive ROM</b>															
	External Rotation	•	•	•	•	•	•									
	Forward Elevation & Scaption	•	•	•	•	•	•									
	Abduction	•	•	•	•	•	•									
	Internal Rotation to Belt Line	•	•	•	•	•	•									
	Internal Rotation	•	•	•	•	•	•									
	<b>Phase II-Minimal Protection Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	<b>Active Assist ROM</b>															
	Internal & External Rotation	•	•	•	•	•	•	•	•	•						
Forward Elevation & Scaption	•	•	•	•	•	•	•	•	•							
<b>Isometrics-Light</b>																
Internal/External Rotation			•	•	•	•	•	•								
Biceps**/Triceps							•	•								
<b>Active ROM</b>																
Sidelying External Rotation		•	•	•	•	•										
Forward Elevation & Scaption (lawn chair progression)		•	•	•	•	•										
Salutes (lawn chair progression)		•	•	•	•	•										
ER		•	•	•	•	•										
Prone Lower Traps to 60		•	•	•	•	•										
Prone Extensions with ER		•	•	•	•	•										
Open Chain Proprioception		•	•	•	•	•										
<b>Low Load Prolonged Stretches</b>																
Door Jam Series		•	•	•	•	•	•	•								
Towel Internal Rotation		•	•	•	•	•	•	•								
Cross Arm Stretch		•	•	•	•	•	•	•								
Sleeper Stretch		•	•	•	•	•	•	•								
TV Watching Stretch		•	•	•	•	•	•	•								
90/90 External Rotation Stretch		•	•	•	•	•	•	•								
<b>Activities of Daily Living (ADL's)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
ok)		•	•	•	•											
Dressing		•	•	•	•											
Washing/Showering		•	•	•	•											
Computer with supported arm	•	•	•	•	•											
Driving		•	•	•	•											
Lifting up to 5 lbs.							•	•	•							
Overhead Activity							•	•	•							
Lifting greater than 5 lbs.							•	•	•							

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HSMC for