

**ARTHROSCOPIC SUBACROMIAL DECOMPRESSION / DISTAL CLAVICLE
EXCISION / BICEPS TENOTOMY / TENODESIS**
(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> Restore ROM (as tolerated) AROM and PROM as tolerated 	<ul style="list-style-type: none"> Sling for comfort, remove as desired for hygiene, exercises or other activities 	<ul style="list-style-type: none"> Codman's Pendulums Scapular exercises Elbow, wrist, hand ROM Ball squeezes For Biceps Tenodesis: <ul style="list-style-type: none"> No Active elbow flexion until 3 weeks (AAROM ok)
PHASE II: 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> Progress PROM Pool Therapy if available for AAROM and AROM 	<ul style="list-style-type: none"> Wean from sling 	<ul style="list-style-type: none"> Supine AAROM progressing to AROM Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting Gentle joint mobilization and soft tissue mobilization For Biceps Tenodesis: <ul style="list-style-type: none"> Begin active elbow flexion against gravity, no strengthening until 8 weeks
PHASE III: 6-12 WEEKS POST-OP	<ul style="list-style-type: none"> Progress to full ROM without discomfort 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Stretching, mobs, ROM exercises Rotator cuff strengthening exercises Progress supine to seated to standing AROM Progress pool based AAROM if available Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids Progress with theraband exercises slowly to tolerance Begin to add sport and job specific activities
PHASE IV: 12-24 WEEKS POST-OP	<ul style="list-style-type: none"> Full ROM without discomfort 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Progress to tolerance No restrictions