

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

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