

SUBACROMIAL DECOMPRESSION / BICEP TENODESIS REHABILITATION PROTOCOL

PHASE I (0–4 weeks)

Range of Motion (ROM): PROM as tolerated*

Sling:

- 0–2 weeks: Worn for comfort only
- 2–4 weeks: Discontinue

Exercises:

- 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 scapular exercises
- Deltoid / cuff isometrics
- Begin scapular protraction/retraction

*Avoid active biceps until 6 weeks

PHASE II (4–8 weeks)

Range of Motion (ROM): Increase as tolerated to full

Sling: None

Exercises:

- Advance isometrics with arm at side, rotator cuff and deltoid
- Progress to therabands and dumbbells as tolerated
- Capsular stretching at end-ROM to maintain flexibility

*Avoid active biceps until 6 weeks

PHASE III (8–12 weeks)

Range of Motion (ROM): Progress to full without discomfort

Sling: None

Exercises:

- 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