

PT Protocol – Subacromial Decompression, Biceps Tenodesis, and/or Distal Clavicle Excision

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-4 Primary goals: Avoid irritation, regain ROM

- Sling placed immediately post-op for comfort, may discontinue at 2 weeks.
- Initial wrist/hand ROM, pendulums and wall stretch for first 2 weeks
 - No range of motion restrictions
- After 2 weeks, begin grip strength, pulleys
- Closed chain scapula exercises
- Deltoid and rotator cuff isometrics
- Scapula protraction/retraction
- *Avoid active biceps until 6 weeks if tenodesis performed
- *If distal clavicle excision, avoid cross arm adduction and AC compressive exercises for 6 weeks

Weeks 4-8 Primary goals: Full ROM, increase strength

- Full ROM in all planes
- Advance isometrics with arm at side for rotator cuff and deltoid
- Advance to therabands and dumbbells as tolerated
- Capsular stretching and end ROM
- *Avoid active biceps until 6 weeks

Weeks 8-12 Primary goals: Full function without pain

- Full ROM without discomfort
- Advance strength as tolerated
- Begin eccentric resisted motion and closed chain activities
- Advance to full activity and sport as tolerated after 12 weeks