



Subacromial Decompression/Biceps Tenodesis/Debridement

Name _____ DOS: _____

Dr. Petre _____ DX: _____

● = Do exercise for that week/month

Week

Phase I – Maximal Protection		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: Full as tolerated ER: Full as tolerated IR: Full as tolerated ABD: Full as tolerated Begin AROM as Tolerated Sling then for comfort after thi 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	Passive Range of Motion (PROM)															
	DATE															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	Aqua Therapy for Gentle AAROM			●	●	●	●									
	Passive ROM															
	External Rotation	●	●	●	●	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
Abduction	●	●	●	●	●	●										
Internal Rotation to Belt Line	●	●	●	●	●	●										
Internal Rotation	●	●	●	●	●	●										
Phase II-Minimal Protection																
Active Range of Motion (AROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Active Assist ROM																
Internal & External Rotation		●	●	●	●	●	●	●	●							
Forward Elevation & Scaption		●	●	●	●	●	●	●	●							
Isometrics-Light																
Internal/External Rotation				●	●	●	●	●	●							
Biceps**/Triceps								●	●							
Active ROM																
Sidelying External Rotation			●	●	●	●	●									
Forward Elevation & Scaption (lawn chair progression)			●	●	●	●	●									
Salutes (lawn chair progression)			●	●	●	●	●									
Prone Horizontal Abduction w/ ER			●	●	●	●	●									
Prone Lower Traps to 60			●	●	●	●	●									
Prone Extensions with ER			●	●	●	●	●									
Open Chain Proprioception			●	●	●	●	●									
Low Load Prolonged Stretches																
Door Jam Series			●	●	●	●	●	●	●							
Towel Internal Rotation			●	●	●	●	●	●	●							
Cross Arm Stretch			●	●	●	●	●	●	●							
Sleeper Stretch			●	●	●	●	●	●	●							
TV Watching Stretch			●	●	●	●	●	●	●							
90/90 External Rotation Stretch			●	●	●	●	●	●	●							
Activities of Daily Living (ADL's)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
Eating/Drinking (Elbow motion ok)			●	●	●	●										
Dressing			●	●	●	●										
Washing/Showering			●	●	●	●										
Computer with supported arm		●	●	●	●	●										
Driving			●	●	●	●										
Lifting up to 5 lbs.							●	●	●							
Overhead Activity							●	●	●							
Lifting greater than 5 lbs.							●	●	●							

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation				•	•	•								
Internal Rotation				•	•	•								
Punches with a Plus				•	•	•								
Sport Cord Rows**							•	•	•	•				
Prone Lower Trap				•	•	•								
Bicep Curls **							•	•	•	•				
Triceps Extensions				•	•	•	•	•	•	•				
Initial Push-up Plus							•	•	•	•				
Initial Closed Chain Stability							•	•	•	•				
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°						•	•	•	•	•	•			
Bear Hugs						•	•	•	•	•	•			
External Rotation at 90°						•	•	•	•	•	•			
Statue of Liberty						•	•	•	•	•	•			
Advanced Push-up Plus										•	•			
Advanced Closed Chain Stability										•	•			
PNF with Resistance										•	•			
Decelerations										•	•			
Plyometric External Rotation										•	•			
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Throwing Progression											•	•	•	
Overhead and Serving Sports (tennis, volleyball)											•	•	•	
Contact Sports (football, hockey, lacrosse)												•	•	
Swimming												•	•	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO
 Benjamin M Petre, MD | 2000 Medical Parkway, Annapolis, MD 21401 | 410.280.4717 | <http://drpetre.com>