



## Subacromial Decompression/Biceps Tenodesis/Debridement

Name \_\_\_\_\_ DOS: \_\_\_\_\_

Dr. Petre \_\_\_\_\_ DX: \_\_\_\_\_

I= 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	
<b>Passive Range of Motion (PROM)</b>																
<b>DATE</b>																
<b>PROM Restrictions</b> <u>FE: Full as tolerated</u> <u>ER: Full as tolerated</u> <u>IR: Full as tolerated</u> <u>ABD: Full as tolerated</u>	Scapular Retraction-Depression	•	•	•	•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums	•	•	•	•	•	•									
	Aqua Therapy for Gentle AAROM			•	•	•	•									
	<b>Passive ROM</b>															
	<b>Begin AROM as Tolerated</b>	External Rotation	•	•	•	•	•	•								
		Forward Elevation & Scaption	•	•	•	•	•	•								
		Abduction	•	•	•	•	•	•								
		Internal Rotation to Belt Line	•	•	•	•	•	•								
Internal Rotation		•	•	•	•	•	•									
<b>Phase II-Minimal Protection</b>																
<b>Active Range of Motion (AROM)</b>																
<b>Active Assist ROM</b>																
<b>T.E.D. Hose</b> 2 weeks to prevent DVT	Internal & External Rotation	•	•	•	•	•	•	•	•							
	Forward Elevation & Scaption	•	•	•	•	•	•	•	•							
	<b>Isometrics-Light</b>															
	Internal/External Rotation			•	•	•	•	•	•							
	Biceps**/Triceps							•	•							
	<b>Active ROM</b>															
	<b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	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			•	•	•	•	•									
<b>Low Load Prolonged Stretches</b>																
Door Jam Series			•	•	•	•	•	•	•							
Towel Internal Rotation			•	•	•	•	•	•	•							
Cross Arm Stretch		•	•	•	•	•	•	•								
Sleeper Stretch		•	•	•	•	•	•	•								
TV Watching Stretch		•	•	•	•	•	•	•								
90/90 External Rotation Stretch		•	•	•	•	•	•	•								
<b>Activities of Daily Living (ADL's)</b>																
<b>x-Biceps Tenodesis</b> No Resisted Elbow Flexion For 6 Weeks	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.						•	•	•							

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

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
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Skiing										•	•	•	•	
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  
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