

Arthroscopic Subacromial Decompression and/or Distal Clavicle Excision Protocol

BICEPS TENODESIS PRECAUTIONS:

Only
follow if
checked

1. No Resisted elbow flexion for 8 weeks
2. No Resisted shoulder flexion for 8 weeks
3. No Lifting of anything over 1 to 2 pounds for 8 weeks.

General Principles

1. Increase ROM to **full AROM and PROM by 4 – 6 weeks**
2. Prevent negative effects of immobilization
3. Control pain and inflammation
4. Progress patient a tolerated

I. Phase I – Immediate Motion Phase (Weeks 1 –2)

A. Week 1 (Active Assisted)

1. Sling for comfort - (1-3 day)
2. **ADL BOX: Patient can use arm to eat, read, wash face, brush teeth, etc. in front of body (anterior to plane of scapula) without pain**
3. Pendulum
4. Passive Stretching for Flexion and ER/IR
5. AAROM (begin rotation exercise at 30° ABD and progress to 90°)
 - a. Supine flexion
 - b. Supine ER with stick
 - c. Pulley Flexion Stretch
6. Scapular retractions
7. Grip and Wrist strengthening
8. AROM: cervical, elbow, wrist, and hand

B. Week 2 (AROM and Isometrics)

1. Continue Passive Stretching/AAROM
2. Begin isometrics: (submaximal)
 - a. ER, IR, ABD, Flex, Ext
3. Pulley: Flexion (Pulley in line with surgical shoulder)
4. AROM: **NO RESTRICTIONS** (progress with semi-recumbent “gatching”)
 1. “gatching” is finding the critical point in their vertical angulation where they can still have some gravity resistance and work their forward elevation.
 - b. Supine Flexion with stick
 - c. Supine Flexion single arm
 - d. Sidelying ER
 - e. Prone Extension
 - f. Slide arm up wall

5. Resisted-ROM:

- a. Biceps curls with dumbbells (as long as no biceps precautions)
- b. Triceps extension (theraband or cable cross)
- c. Wrist strengthening all directions

II. Phase II – Intermediate Phase (weeks 3 – 6)

A. Week 3 (Advanced Passive Stretching and Isotonic Strengthening)

Goals: Full AROM should be achieved by 4 weeks (140+ Flexion, 45+ ER)

1. Continue above exercises
2. UBE low resistance (**week 3**)
3. Thera-band IR, ER, Ext, ABD, and Flex (**week 3**)
4. Passive Stretching
 - a. Posterior/Inferior capsule mobilizations
 - b. IR stretch with towel
 - c. Standing 90/90 in corner
 - d. Hand over the door hang
 - e. Supine ER stretch progress to 90° ABD
5. AROM
 - a. Supine IR/ER
 - b. Standing flexion
 - c. Prone Extension, ER/IR, and Rows
 - d. Single arm pulldowns (assist scapular upward rotation)
6. Resisted-ROM
 - a. Serratus anterior punches
 - b. PNF D2 rhythmic stabilization with isometric holds
 - c. Scapular retractions with theratube

III. Phase III – Dynamic Strengthening Phase (Week 4-6 through discharge; can start at week 4 if pain free)

Goals: Return to sports-specific skills or light work duties at 6–8 weeks

A. Week 4 to 6 (Dynamic Resistive Exercise)

1. Continue above exercises as needed
2. UBE with light resistance
3. Progress theraband resistance and shoulder angles
4. PNF D2 manual resistance, progress to theraband
5. Push ups (progress from wall, counter, on knees, regular)
6. Bodyblade

B. Advanced Strengthening (week 6 - 8 if needed)

1. Plyometrics (progress from double arm to single arm)
2. Proprioception, Coordination/Timing