

## Dr. Allen Subacromial Decompression Post-Op Rehabilitation Protocol

### With Open Biceps Tenodesis\*

#### Phase I: Protection (Weeks 0-6)

##### Weeks 0-2

- Dressings to remain in place until first PT session (POD #1-3)
- Sling as needed for comfort and support
  - No lifting of any objects, no pushing your body up with your arms
  - Limit reaching behind your back or across your body
  - No sudden jerking movements
- Wrist & hand ROM several times daily
- Cryotherapy every 15-30 minutes every 2 hours while awake
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 2)
- ROM: To tolerance (passive, active assisted, active)
  - FE: 150°
  - ER to 50°
  - IR to T12°
- No active elbow motion (flexion/supination against resistance)\*
- Periscapular isometrics

##### Weeks 2-4

- First post-op visit at 2 weeks, sutures will be removed at this visit
- Wean from sling



- Elbow, wrist, & hand ROM several times daily
- Cryotherapy as needed
- Scheduled NSAIDs & Tylenol
- Continue to work on normal motion and scapular control
- Scapular retractions, periscapular strengthening, scapular mobilization
- No active elbow motion (flexion/supination against resistance)\*

## Weeks 4-6

- Elbow, wrist, hand ROM several times daily
- ROM: Goal for full motion by 6 weeks post-op
- Initiate gentle end range stretching (pain free)
- Advance periscapular stabilization, scapular retractions, shrugs
- Pain free isometrics and isotonic

## **Phase II: Motion (Weeks 6-12)**

### Weeks 6-12

- Second post-op visit at 6 weeks
- Maintain Full Motion
- Continue elbow active motion, begin biceps strengthening at week 8\*
- Continue shoulder and periscapular strengthening (neutral rows)
- Therabands
- Stretching in all planes
- Initiate proprioception and rhythmic stabilization
- Continue shoulder and periscapular strengthening (Ys/Ts/Ws)

**Phase III: Strengthening (Weeks 12+)**

- Third post-op visit at 12 weeks
- Equal motion to contralateral side
- Advance strengthening
- Cleared for weight room
- Advance sport/work/functional activity
- Improvement in pain, function, strength continues for 12-15 months
- Final follow up 1 year post-op