

# Subacromial Decompression / Biceps Tenodesis / Debridement

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

Dr. Alexander Strassman, DO DX: \_\_\_\_\_

● = DO exercise for that week/month

		Week														
		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM</b> <b>Restrictions</b> <b>FE: Full as tolerated</b> <b>ER:</b> <b>IR:</b> <b>ABD:</b>  <b>Begin AROM as Tolerated</b>  <b>Sling</b> For comfort unless noted otherwise  <b>T.E.D. Hose</b> 2 weeks to prevent DVT  <b>Time Lines</b> 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	<b>Protection (PROM)</b>															
	<b>DATE</b>															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	AAROM			●	●	●	●									
	<b>Passive ROM</b>															
	External Rotation	●	●	●	●	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
	Abduction	●	●	●	●	●	●									
	Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
	<b>Phase III Minimal Protection Active Range of Motion (AROM)</b>															
	<b>Active Assist ROM</b>															
Internal & External Rotation	●	●	●	●	●	●	●	●								
Forward Elevation & Scaption	●	●	●	●	●	●	●	●								
<b>Isometrics-Light</b>																
Internal/External Rotation			●	●	●	●	●	●								
Biceps**/Triceps							●	●								
<b>Active ROM</b>																
Sidelying External Rotation		●	●	●	●	●										
Forward Elevation & Scaption (lawn chair progression)		●	●	●	●	●										
progression)		●	●	●	●	●										
ER		●	●	●	●	●										
Prone Lower Traps to 60		●	●	●	●	●										
Prone Extensions with ER		●	●	●	●	●										
Open Chain Proprioception		●	●	●	●	●										
<b>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>																
(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. Contact the staff at HHSMC for assistance in progressing as needed.

**Week**

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>	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							•	•	•	•				
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>	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										•	•			
Stability										•	•			
PNF with Resistance										•	•			
Decelerations										•	•			
Plyometric External Rotation										•	•			
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	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												•	•	

Protocol created by PJ Millett, MD and Howard Head Sports Medicine, Vail, CO

Therapist: \_\_\_\_\_