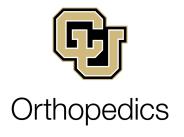
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<u>Rehabilitation Protocol</u> <u>Subacromial Decompression / Rotator Cuff Debridement</u> <u>Biceps Tenodesis</u>

Phase I: Early ROM (0 to 4 weeks)

- May remove dressing and shower postop day # 2.
- No resisted biceps flexion for 6 weeks
- Ice or cold flow system encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be worn for the first week.
- Scapular ROM exercises.
- Initiate shoulder exercise program 3 times per day:
 AAROM: pulleys, wand and supine gravity assisted ROM.
 Progress PROM and capsular stretching as tolerated.
 Immediate elbow, forearm and hand ROM.
 May start shoulder isometrics as pain improves.

Phase II: Restore Function (>4 weeks)

- Progress PROM and capsular stretching as tolerated.
- Equate active and passive ROM.
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.) Avoid positions of impingement.
- Progress to functional activities as tolerated.