

Adam Seidl, MD
Assistant Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Subacromial Decompression / Rotator Cuff Debridement Biceps Tenodesis

Phase I: Early ROM (*0 to 4 weeks*)

- May remove dressing and shower postop day # 3.
- 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.