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## 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.
- Sutures will be removed in the clinic at 1<sup>st</sup> post-operative appointment (10-14 days after surgery)
- Steri-strips in axilla (armpit) should be left in place
- 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.