



REHABILITATION PROTOCOL

[] Shoulder Arthroscopy [] Debridement [] Subacromial Decompression [] Bursectomy
[] Distal Clavicle Excision [] Biceps Tenotomy [] Biceps Tenodesis

Patient Name: _____

Date of Surgery: _____

Surgery Details: _____



Phase 1 (0-4 weeks)

- **Weight-bearing:** Sling immobilization for comfort for the first 2 weeks post-op may discontinue earlier if tolerated. Wear sling in large crowds.
- **Range of Motion:** PROM → AAROM → AROM as tolerated
 - Goals: 140° of Forward Flexion, 40° of External Rotation at side, Internal Rotation behind back with gentle posterior capsular stretching.
 - No abduction-external or internal rotation (90/90) until 4-8 weeks post-op.
- **Therapeutic Exercises:**
 - Codman's/Pulleys/Cane
 - Elbow/Wrist/Hand Range of Motion
 - Grip Strengthening
 - No resistive exercises
 - Heat/Ice before and after PT sessions



Phase 2 (4-8 weeks)

- **Weight-bearing:** As tolerated.
- **Range of Motion:** Increase Forward Flexion, Internal/External Rotation to full motion as tolerated.
 - Goals: 160° of Forward Flexion, 60° of External Rotation at side, Internal Rotation behind back and at 90° of abduction with gentle posterior capsular stretching.
- **Therapeutic Exercises:** As tolerated.
 - Begin light isometrics with arm at the side for rotator cuff and deltoid
 - Advance to theraband exercises as tolerated
 - Passive stretching at end range of motion to maintain shoulder flexibility
 - Advance exercises and modalities at the discretion of your physical therapist



Phase 3 (8-12 weeks)

- **Range of Motion:** Progress to full AROM without discomfort.
- **Therapeutic Exercises:** Advance strengthening as tolerated.
 - Isometrics → Therabands → Weights
 - Begin eccentrically resisted motions, closed chain exercises and plyometrics
 - 8-12 repetitions/3-4 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
 - Advance exercises and modalities at the discretion of your physiotherapist

Physician Comments:

**IF BICEPS TENODESIS WAS PERFORMED, NO BICEPS STRENGTHENING UNTIL 8 WEEKS POSTOP.

Paul J. Ghattas, D.O.