



Physical Therapy Protocol – Arthroscopic Subacromial Decompression, Biceps Tenodesis

	Immobilizer	Range of Motion	Therapy
Phase I 0-4 weeks	Worn at all times except for therapy and hygiene.	Passive ROM as tolerated.*	<ul style="list-style-type: none">• 0-2 weeks: Elbow/wrist/hand ROM, grip strength; pendulums, wall stretch• 2-4 weeks: pulley/cane exercises, pendulums, closed chain scapula exercises• Deltoid and rotator cuff isometrics• Scapular protraction/ retraction• Avoid active biceps until 6 weeks
Phase II 4-8 weeks	Discontinue immobilizer at 6 weeks.	Increase to full active and passive ROM as tolerated.	<ul style="list-style-type: none">• Increase isometric exercises with arm at side• Advance deltoid and rotator cuff isometrics• Advance to theraband and dumbbell exercises as tolerated• Capsular stretching• Okay to start active biceps after 6 weeks
Phase III 8-12 weeks	None	Progress to full active motion. No restrictions.	<ul style="list-style-type: none">• Increase strength training as tolerated• Advance eccentric and closed chain activities• Advance to sport and full activity as tolerated after 12 weeks

***If a distal clavicle excision was performed, no horizontal adduction for 8wks postop.**