

Bonnie P. Gregory, MD
SUBACROMIAL DECOMPRESSION/BICEP TENODESIS
REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	PROM as tolerated*	0-2 weeks: Worn for comfort only 2-4 weeks: Discontinue	0-2 weeks: wrist/hand ROM, pendulums, wall stretch at home per instruction sheets 2-4 weeks: Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula Deltoid cuff isometrics *Avoid active biceps until 6 weeks Begin scapular protraction/retraction
<i>PHASE II</i> <i>4-8 weeks</i>	Increase as tolerated to full	None	Advance isometrics with arm at side, rotator cuff and deltoid Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility *Avoid active biceps until 6 weeks
<i>PHASE III</i> <i>8-12 weeks</i>	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

❖ If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

For any questions or concerns regarding the protocol or rehabilitation process please contact:

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>