

Rehabilitation Protocol: Shoulder Arthroscopy – Debridement, Subacromial Decompression, Distal Clavicle Excision

Date of Surgery: _____

Procedure: ☐ Debridement ☐ Subacromial Decompression ☐ Distal Clavicle Excision ☐ Biceps Tenodesis

Biceps Tenodesis: If performed, follow the biceps-specific precautions noted in each phase.

Time points are guidelines – milestones of each phase should be achieved before advancing. Please contact our office with any questions or concerns.

☐ **Phase I (Weeks 0–4)**

- **Sling:** Worn for comfort only weeks 0–2; discontinue weeks 2–4. **Biceps tenodesis: at all times weeks 0–4 except exercises and hygiene; discontinue weeks 4–6**
- **Range of Motion** – PROM as tolerated
- **Distal Clavicle Excision: No horizontal (cross-body) adduction for 8 weeks**
- **Biceps Tenodesis:** No active elbow flexion or supination; wrist/hand ROM except supination; gentle elbow PROM may begin weeks 2–4
- **Therapeutic Exercises**
 - **Weeks 0–2:** Elbow/wrist/hand ROM, pendulums, wall stretch at home per therapist
 - **Weeks 2–4:** Add grip strengthening, pulleys/cane-assisted ROM, deltoid and rotator cuff isometrics, scapular protraction/retraction

☐ **Phase II (Weeks 4–8)**

- **Sling:** None (biceps tenodesis: discontinue weeks 4–6)
- **Range of Motion** – Increase as tolerated to full (no cross-body adduction if DCE performed)
- **Biceps Tenodesis:** Introduce gentle AAROM, then AROM elbow flexion/extension without weight; no active supination exercises
- **Therapeutic Exercises**
 - Advance rotator cuff and deltoid isometrics with arm at side
 - Progress to Therabands and dumbbells as tolerated
 - Capsular stretching at end range to maintain flexibility

☐ **Phase III (Weeks 8–12)**

- **Range of Motion** – Progress to full without discomfort; cross-body adduction may begin if DCE performed
- **Distal Clavicle Excision: No bench press, push-ups, or dips until 12 weeks**
- **Biceps Tenodesis:** No resisted biceps or supination exercises until 12 weeks
- **Therapeutic Exercises**
 - Advance strength training as tolerated
 - Begin eccentrically resisted motions and closed chain activities

☐ **Phase IV (Week 12+)**

- Continue strengthening and flexibility program
- **Advance to sports and full activity as tolerated**

Comments:



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Frequency: ____ times per week

Duration: ____ weeks