

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Arthroscopic Subacromial Decompression / Biceps Tenodesis

Phase I (0-6 weeks)

Range of Motion: Passive, active-assisted, and active ROM as tolerated.

Sling: Off for home exercises and hygiene.

Exercises: Elbow/wrist ROM. Table-slides 4x/d x 10min. Scapula protraction/retraction.

Restrictions: No lifting heavier than a coffee cup.

Phase II (6-12 weeks)

Range of Motion: Increase as tolerated to full.

Sling: None

Exercises: Deltoid/rotator cuff isometrics. Scapular stabilization. Rotator cuff strengthening, biceps, triceps. Continue stretching.

Restrictions: No aggressive biceps strengthening.

Phase III (3-5 months)

Range of Motion: Continue full ROM.

Sling: None

Exercises: Increase ER and latissimus eccentrics, glenohumeral stabilization. Begin rotator cuff endurance. Cycling/running as tolerated.

Phase IV (5-8 months)

Range of Motion: Full and pain-free

Sling: None

Exercises: Scapular stabilization, eccentric strengthening, and perturbation. Plyometric and throwing/racquet program. Continue endurance. Return to full activity as tolerated.

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