Subacromial Decompression/Debridement with Biceps Tenodesis

**Phase I (1 – 5 days post-op.)**
- Wound Care: remove dressings 48 hours after surgery. Place band-aids over portals and incisions. OK to shower 48 hours after surgery.
- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise.
- ROM
  - Initiate PROM of shoulder in all planes (as tolerated avoiding subacromial pain).
  - Pendulum exercises
  - Table stretches
  - Pulleys if tolerated
  - A/PROM of elbow, wrist, and digits
- Strengthening
  - Isometric grip strengthening
  - Scapulothoracic retraction exercises
- Modalities: PRN for pain and inflammation

**Phase II (5 days – 4 weeks post-op.)**
- Edema: Edema control interventions
- Sling: Ultrasling worn for 4 weeks continuously
- ROM
  - Active shoulder flexion to equal/exceed 140 degrees.
  - Initiate joint mobilization to GH, AC, and Scapulothoracic Joint as tolerated.
  - Full PROM of the elbow. Progress to AAROM and AROM with no resistance.
- Strengthening
- Rotator Cuff and Scapular Strengthening in pain free ranges while avoiding impingement beginning with Active Assisted and Isometric Strengthening.
- Wrist/Forearm isometric and progressive resistive exercises.
- No resistance to elbow flexion.
- Modalities: PRN for pain and inflammation

**Phase III (4 weeks – 10 wks post-op.)**
- AROM
  - Achieve functional motion in all planes (forward flexion/abduction >145°).
  - Full ROM of the elbow
- Strengthening
  - Increase rotator cuff and scapular strengthening while avoiding increased pain symptoms and impingement.
  - Slowly progress strengthening of the biceps
  - Begin Return To Work and Sport Specific Strengthening.
  - Consider referral to Work Hardening Program following D/C from therapy

**Phase IV (s/p 10 wks + post op.)**
- Achieve those goals not yet attained in Phase III.

Adapted from:
2) Wilk KE, Reinold MM, Andrews, JR. Rehabilitation Following Arthros