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WellSpan Orthopedics

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Rehabilitation Protocol: Shoulder Arthroscopy, Subacromial Decompression, Biceps Tenodesis

Patient Name: _____

Date: _____

Treatment Frequency: 2- 3 times per week , for 8 weeks SITE: R L

RECOVERY / RECUPERATION PHASE: WEEKS 1 - 4

- Anti-inflammatory /Modalities **PRN**.
- Active/active-assist shoulder ROM
- Codman's, pendulums, pulleys, cane assistive ROM
- Elbow A/AAROM: flexion and extension; Wrist and gripping exercises
- Biceps / triceps isotonic and scapular stabilization exercises
- Posterior capsular stretch after warm-up
- Begin rotator cuff isometrics when pain permits
- Cardiovascular training as tolerated
- Discontinue sling as tolerated

Biceps Tenodesis: (If box checked follow attached rehabilitation modifications)

- Avoid terminal elbow extension (10-20°) for first 2 weeks
- No elbow hyperextension or stretching exercises for first 4 weeks
- No resistive elbow flexion exercises, strengthening, or lifting > 2 lbs for first 6 weeks

WEEKS 4 - 10

- Advance peri-cervical and shoulder flexibility exercises (modalities PRN)
- Continue scapular stabilization / strengthening exercises
- Introduce theraband RTC exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Continue biceps strengthening and endurance exercises
- Advance cardiovascular training as tolerated, introduce plyometrics
- Functional activities begin week 8

WEEKS 10-16

- Trunk exercises for sports specific activities (tennis, golf, skiing etc)
- Aggressive upper extremity PRE's (progress from side for overhead athletes)
- Plyometrics: continue and advance
- Return to limited sports @ week: 12 Return to full sports / activities @ week: 16

Send Progress notes

Physician's Signature: _____

(I have medically prescribed the above treatments)

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