

Protocol for:

- **Arthroscopic Subacromial Decompression and Debridement**
- **Biceps Tenodesis**
- **Distal Clavicle Resection (Mumford Procedure)**

Must wear sling for comfort, when out in public and while sleeping for 2 weeks

- Come out of sling to move elbow, wrist, and hand (3 x daily)

Physical Therapy starts 2-3 days post-operative

- May advance rehabilitation as rapidly as pain and motion allow

Return to Activities:

•Computer •Eating •Holding a book •Typing •Writing	Immediately
•Golf	4 Weeks
•Tennis	8 Weeks
•Contact Sports	4 Months

Rehab:

Phase I (Passive ROM)	Week 1	<ul style="list-style-type: none"> • Pendulums to warm up • Gentle stretch • Full Passive ROM (FF, ER and IR)
Phase II (Active/Assistive)	Weeks 2 - 12	<ul style="list-style-type: none"> • Full Active ROM (FF, ER and IR) • Pulleys • Supine to seated ER gradually progressing to full • Supine to seated FF gradually progressing to full
Phase III (Resisted)	Week 12 →	<ul style="list-style-type: none"> • PRE's for rotator cuff and periscapular strengthening • Scapular Stabilizers • Deltoid strengthening • IR/ER • Seated Rows • Standing Forward Punch
Weight Training	Week 12 →	<ul style="list-style-type: none"> • Check with doctor first • May be allowed at 3 months post-operative • Keep hands in eyesight • No military press, pull downs behind back, or wide grip bench press!!

ROM – Range of Motion

ER – External Rotation

FF – Forward Flexion

IR – Internal Rotation

PRE's – Progressive Resistance Exercises