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## **REHABILITATION PROTOCOL – SUBACROMIAL DECOMPRESSION/BICEPS TENODESIS**

### **Phase I (0-4 weeks)**

ROM: PROM as tolerated

Slings: Weeks 0-2: worn for comfort only; off for elbow ROM

Exercises:

- Shoulder PROM; wrist/hand ROM; pendulums, wall stretches shoulder ROM (AA)
- Add closed chain scapular work (protract/retract) deltoid isometrics; **avoid** active biceps

### **Phase II (4-8 weeks)**

ROM: As tolerated (Passive, active assist, active)

Slings: None

Exercises:

- Continue as above
- Advance isometrics of rotator cuff and deltoid (in adduction)
- Advance to therabands as tolerated; capsular stretching, focus on restoration full ROM

### **Phase III (8-12 weeks)**

ROM: Full

Slings: None

Exercises:

- Continue as above
- Advance to eccentric strengthening as tolerated
- Start sport specific exercises at week 12

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