

Todd C. Battaglia, MD, MS
Syracuse Orthopedic Specialists, PC

Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Subacromial Decompression / Distal Clavicle Excision WITH Biceps Tenodesis:**

Immediate Post-op Instructions (Week 0-1):

- *Use ice or cryocuff as much as possible for first 2 days, then as needed for pain.*
- *Change dressing to light gauze or band-aids for first 3 days, then leave open to air. Do not remove steri-strips.*
- *You may shower on post-op day #3.*
- *Sleeping in a propped or partially reclined position is often more comfortable, as this keeps the shoulder elevated.*
- *First post-op check is 10-14 days for suture removal.*
- *Call for temperature > 102° excessive swelling, pain or redness around wounds.*

Phase I: (Week 1)

- Take arm out of sling or cryocuff and move elbow, wrist and hand at least 4 times per day.
- Begin dangling exercises and pendulum motions as soon as tolerated.
- Sling full-time except showering and exercises

Phase II: Start physical therapy (Weeks 2-4)

- Modalities to decrease pain and swelling, soft tissue mobilization, and postural education.
- Continue active elbow, wrist, and hand motion.
- Passive and active assisted shoulder range of motion (wand, pulley) to regain full motion as tolerated – MUST HAVE FULL PASSIVE ROM BY WEEK 4.
- ***Avoid active elbow flexion for 4 weeks, BUT should achieve full passive elbow flexion and extension by WEEK 4 at latest.***
- ***No biceps strengthening (resistance) until Week 8.***
- Sub-maximal isometrics for shoulder musculature, manual resistance for scapula motions.
- Postural awareness education.
- Continue sling until the end of week 4

Phase III: Early strengthening (Weeks 5-8):

- Progress passive and active range of motion exercises as tolerated including elbow flexion.
- Joint mobilization for scapula and glenohumeral joint (posterior capsular stretching).
- Begin GENTLE strengthening program for shoulder musculature using theraband, with focus on internal rotation to strengthen subscapularis and external rotation to strengthen infraspinatus – AVOID BICEPS RECRUITMENT.
- Closed chain exercises for scapular stabilization and rotator cuff.
- Therapist-supervised upper body ergometer for motion at Week 6 – no resistance, avoid substitution or impingement.
- Advance to light weights by 6 weeks.
- May include theraband, upper body ergometer, and weight equipment.

Phase IV: Final strengthening (Weeks 8-):

- Continue above as needed.
- Advance strengthening for shoulder musculature with theraband, may now add light weights.
- Begin gentle biceps resistance exercises, focus on light weight / high reps (max 8-10 lbs.) for Weeks 8-10 – include both elbow flexion and forearm supination.
- May advance biceps strengthening without limit after Week 10 (both flexion and supination).
- May add resistance to upper body ergometer.
- Stress postural awareness.
- Sport-specific training or work hardening at week 12 if needed.

Frequency: 2-3x per week**Duration: 12-16 weeks****Special instructions:** _____

Todd C. Battaglia, MD, MS