

**POST-OPERATIVE REHABILITATION PROTOCOL  
ARTHROSCOPIC SUBACROMIAL DECOMPRESSION, DISTAL CLAVICLE  
EXCISION, BICEPS TENODESIS**



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**RATIONALE:**

This protocol is designed with the goals of: 1) restoring pain-free motion, 2) restoring pain-free function. This protocol emphasizes a self-directed home exercise program. The Therapist and patient will determine the optimum interval and frequency of visits based on individual patient needs.

**IT IS CRITICALLY IMPORTANT THAT THE PATIENT PERFORM THE EXERCISES AS DIRECTED. NOT PERFORMING THE EXERCISES WILL LEAD TO A SUB-OPTIMAL RESULT FROM THE SURGERY.**

Exercises are best performed 2 - 3 times per day, for a 5 – 10 minutes at a time; they are more effective when performed in short bursts rather than a single longer session.

Weeks 1 - 6

**PRECAUTIONS:**

- No strengthening exercises
- **NO LIFTING OBJECTS > 5 POUNDS! This is CRITICALLY important to protect the healing of the biceps tenodesis**
- All range of motion exercises should be progressed as tolerated, as post-operative swelling and discomfort allow
- Emphasize slow, steady improvement each and every day – do not attempt large “heroic” improvement on any one given day.
- No acceleration, deceleration movements

**EXERCISES:**

- Pendulum/Codman's exercises for dressing activities, personal hygiene
- Passive Range of motion exercises, all planes
- Active Assist range of motion exercises, progress to Active ROM as tolerated; emphasize early use of pulley exercises to facilitate

- Scapular Retraction with arms at side and
- Scapular Kinematics exercises
- Elbow, wrist, finger exercises

Weeks 6 – 12

EXERCISES:

- Continue passive, active ROM exercises as necessary to achieve full ROM
- Progress from active assist to active ROM exercises as tolerated. Progress Active ROM as tolerated.
- Continue scapular retraction and kinematic exercises
- ***Emphasize appropriate scapular retraction and kinematics as active motion progresses***
- Begin Progressive Strengthening Program
- Begin with theraband exercises.
- **Biceps strengthening exercises to be started at TWO MONTHS post-op, not 6 weeks – this is to protect the biceps tenodesis.**
- Progress from therabands to light weights, and then progress as tolerated
- Goal of Progressive Strengthening program is to be performing strengthening exercises as tolerated in a gym by 4 ½ months post-op
- Theraband strengthening
- Low row exercises