

**Subacromial Decompression,  
Biceps Tenodesis, and/or Distal Clavicle Excision**

**Physical Therapy Post-op Protocol**

**\*Blood Flow Restriction (BFR) encouraged at all stages**

**Weeks 0-4**

**Primary goals: Avoid irritation, regain ROM**

- Patient is placed in a sling immediately postop for comfort, discontinue at 2 weeks.
- Initial wrist/hand ROM, pendulums and wall stretch for first 2 weeks
  - No range of motion restrictions
- After 2 weeks, begin grip strength, pulleys
- Closed chain scapula exercises
- Deltoid and rotator cuff isometrics
- Scapula protraction/retraction
- \*Avoid active biceps until 6 weeks
- \*If distal clavicle excision, avoid cross arm adduction and AC compressive exercises for 6 weeks

**Weeks 4-8**

**Primary goals: Full ROM, increase strength**

- Full ROM in all planes
- Advance isometrics with arm at side for rotator cuff and deltoid
- Advance to therabands and dumbbells as tolerated
- Capsular stretching and end ROM
- \*Avoid active biceps until 6 weeks

**Weeks 8-12**

**Primary goals: Full function without pain**

- Full ROM without discomfort
- Advance strength as tolerated
- Begin eccentric resisted motion and closed chain activities
- Advance to full activity and sport as tolerated after 12 weeks