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**Post-Operative Rehabilitation Guidelines for**  
**Shoulder Arthroscopy Debridement +/- Subacromial Decompression /**  
**Distal Clavicle Excision / Biceps Tenodesis**

- 0-4 Weeks:      If no biceps tenodesis, sling for comfort (1-2 days) then discontinue  
                      If biceps tenodesis performed, discontinue sling at 4 weeks and no  
                      resisted elbow flexion until 8 weeks  
                      Passive to Active shoulder ROM as tolerated  
                          140° Forward Flexion  
                          40° External Rotation with arm at side  
                          Internal rotation behind back with gentle posterior capsule stretching  
                          No rotation with arm in abduction until 4 wks  
                      With distal clavicle excision, hold cross body adduction until 8wks.  
                      Grip Strength, Elbow/Wrist/Hand ROM, Codmans  
                      Avoid Abduction and 90/90 ER until 8wks
- 4-8 Weeks:      Advance ROM as tolerated (Goals FF to 160°, ER to 60°)  
                      Begin Isometric exercises  
                          Progress deltoid isometrics  
                          ER/IR (submaximal) at neutral  
                      Advance to theraband as tolerated  
                      No resisted elbow flexion until 8 weeks
- 8-12 Weeks:    Advance to full, painless ROM  
                      Continue strengthening as tolerated  
                      Begin eccentrically resisted motion and closed chain activities  
                      Only do strengthening 3times/wk to avoid rotator cuff tendonitis