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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