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Shoulder Subacromial Decompression, Distal Clavicle Resection, Biceps Tenotomy,  
 Debridement Physical Therapy Protocol

	<b>Sling Immobilizer</b>	<b>Range of Motion</b>	<b>Exercises</b>	<b>Goals</b>
<b>0-4 weeks</b>  <i>*Start Physical therapy at 2 weeks</i>	May remove sling as comfort allows	1-full PROM of shoulder and elbow  2-advance active assist ROM to full active ROM	1-No lifting/pulling/pushing greater than 3 lbs  2-No strengthening	1-Decreased pain and swelling  2- full ROM
<b>4-12 weeks</b>	No sling	1- full ROM	1-Scapular stabilization 2- Begin RTC band strengthening program 3- Begin resistance strengthening after 6 weeks	1- full strength
<b>12 -16 weeks</b>	No sling	Full ROM	1-Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	1- full work and sport function
<i>Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.</i>				

Specific Recommendations /Restrictions /Goals:

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