

- **ARTHROSCOPIC DEBRIDEMENT**
- **BICEPS RELEASE**
- **SUBACROMIAL DECOMPRESSION**

Post-op protocol for  
**Mathew Taylor, M.D.**



Sling Use:		Sling for 1-2 weeks, discontinue as tolerated May advance rehabilitation as rapidly as motion and pain allow
Phase I: (Passive)	Week 1	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Passive Range of Motion</li> <li>• Supine External Rotation – Full</li> <li>• Supine Forward Elevation - Full</li> <li>• Internal Rotation – Full</li> </ul>
Phase II: (Active/Assistive)	Week 2	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Active Assistive Range of Motion with Terminal Stretch to prescribed limits.</li> <li>• Supine-Seated External Rotation</li> <li>• Supine-Seated Forward Elevation</li> <li>• Internal Rotation</li> </ul>
Phase III: (Resisted)	Week 3	<ul style="list-style-type: none"> <li>• Pendulums to warm up and continue with phase 2</li> <li>• External and Internal Rotation</li> <li>• Standing forward punch</li> <li>• Seated rows</li> <li>• Bicep Curls</li> <li>• PRE's for Periscapular strengthening</li> </ul>
Weight Training:	Week 4	<ul style="list-style-type: none"> <li>• Keep hands within eyesight, Keep elbows bent</li> <li>• Minimize overhead activities (No Military press, pull downs behind head, or wide grip bench)</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	4 weeks	Golf
	8 weeks	Tennis
	4 months	Contact Sports
	Several months post-op	Late Terminal Stretching

*\*\*\*Include elbow flexion and supination if biceps release was performed with this surgery*