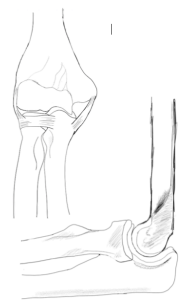


MATTHEW J. DUBIEL M.D. SHOULDER AND ELBOW SURGERY



SUBACROMIAL DECOMPRESSION/TENODESIS

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 WEEKS	PASSIVE TO ACTIVE RANGE AS TOLERATED	0-2 WEEKS: WORN FOR COMFORT ONLY 2-4 WEEKS: DISCONTINUE	0-2 WEEKS: WRIST/HAND ROM, PENDULUMS, WALL STRETCH AT HOME PER INSTRUCTION SHEETS 2-4 WEEKS: GRIP STRENGTHENING, PULLEYS/CANES, WRIST/HAND ROM, PENDULUMS; CLOSED CHAIN SCAPULA DELTOID CUFF ISOMETRICS *AVOID ACTIVE BICEPS UNTIL 6 WKS BEGIN SCAPULAR PROTRACTION/RETRACTION
PHASE II 4-8 WEEKS	INCREASE AS TOLERATED TO FULL	NONE	ADVANCE ISOMETRICS WITH ARM AT SIDE, ROTATOR CUFF AND DELTOID ADVANCE TO THERABANDS AND DUMBBELLS AS TOLERATED, CAPSULAR STRETCHING AT END-ROM TO MAINTAIN FLEXIBILITY *AVOID ACTIVE BICEPS UNTIL 6 WKS
PHASE III 8-12 WEEKS	PROGRESS TO FULL MOTION WITHOUT DISCOMFORT	NONE	ADVANCE STRENGTHENING AS TOLERATED BEGIN ECCENTRICALLY RESISTED MOTIONS AND CLOSED CHAIN ACTIVITIES ADVANCE TO SPORT AND FULLY ACTIVITY AS TOLERATED AFTER 12 WEEKS