

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



Post-op protocol for ***Daniel Myer, 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"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – Full • Supine Forward Elevation - Full • Internal Rotation – Full 	
Phase II: (Active/Assistive)	Week 2	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Terminal Stretch to prescribed limits. • Supine-Seated External Rotation • Supine-Seated Forward Elevation • Internal Rotation 	
Phase III: (Resisted)	Week 3	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for Periscapular strengthening 	
Weight Training:	Week 4	<ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities (No Military press, pull downs behind head, or wide grip bench) 	
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*