

Physical Therapy Prescription

SUBACROMIAL DECOMPRESSION / DISTAL CLAVICLE EXCISION REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-4 weeks	Active ROM of shoulder as tolerated. Goals: 140° of FF, 40° ER	Sling for comfort. ***If Biceps Tenodesis – Wear sling for 4 weeks	Wrist, elbow, hand ROM. Shoulder wall walks, pulleys, broomstick. Stretching to maintain motion. Minimize cross body motions if DCR.
4-8 weeks	Continue to increase ROM as tolerated.	None	Begin strengthening of Shoulder.
8-12 weeks	Increase to full motion as tolerated	None	Let symptoms be the guide. May return to previous activity level.
<p>*** If Biceps Tenodesis is done, NO active flexion of biceps until 6 weeks post op. No biceps strengthening until 8 weeks post op. No Doorknobs or opening jars for 4 weeks.</p>			

*****Begin Physical Therapy 1 week after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Procedure:</p> <p style="padding-left: 40px;">Subacromial Decompression</p> <p style="padding-left: 40px;">Distal Clavicle Excision</p> <p style="padding-left: 40px;">Biceps Tenodesis</p> <p>Physical therapy to evaluate and treat for post op SAD/DCE using the above protocol. 1-2x per week for 8 weeks</p> <p>Notes: _____</p> <p>MD signature:</p>
