

Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

Biceps Tenotomy / Tenodesis / Subacromial Decompression /  
Partial Thickness Rotator Cuff Tear Debridement / Distal Clavicle  
Excision Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: Rotator cuff tear long head biceps tearing AC joint arthrosis  
Frequency: 2-3 visits/week Duration: 4 months

Post-operative Period

1. 2 to 3 visits per week, everyday home program with goals
2. Sling is to be worn at all times for 3 weeks, including for sleep, except when doing exercises.
3. Motion of the elbow should be limited to passive motion only
4. No active shoulder motion
5. Modalities as needed
6. Active and passive range of motion of the neck, wrist and hand should be performed 3 to 5 times/day everyday
7. Wrist 6-way exercises
8. Gentle passive pendulum/Codman's exercises should be started immediately and performed 3 times a day
9. Gentle passive

6.