

Provider: Mark Wood, MD

Arthroscopic Debridement

(Biceps Release/AC Resection/Subacromial Decompression)

Sling for comfort

May advance rehabilitation as rapidly as motion and pain allows

Phase 1 (Passive)

Week 1

- Full forward elevation, external rotation, internal rotation.
- Pendulums to warm-up.
- Early elbow and wrist ROM.
- Avoid elbow active strengthening for four (4) weeks.

Phase 2 (Active)

Week 2

- Full forward elevation, external rotation, internal rotation.
- Pendulums to warm-up.
- Terminal stretch.

Phase 3 (Resisted)

Week 3

- Full forward elevation, external rotation, internal rotation.
- Shrugs, rows.
- Continue Phase 2.
- Pendulums to warm-up.

Several months post-op.

- Late terminal stretching.

Return to Activities

- Computer: 1-2 weeks
- Golf: 4 weeks
- Tennis: 8 weeks
- Throwing: 4 months