



Deborah A. Faryniarz, M.D., Inc.

*Sports Medicine and Shoulder Fellowship,
The Hospital for Special Surgery,
FORUM, Society of Fellowship Trained
Women in Orthopaedic Surgery*

Grady L. Jeter, M.D., Inc.

*Member Arthroscopy Association of North America,
International Society of Arthroscopy,
Knee Surgery and Orthopaedic Sports Medicine,
Founding Member Ikeuchi International Society for Arthroscopy and
Musculoskeletal Endoscopy*

Martin Trieb, M.D., Inc.

Member Arthroscopy Association of North America

*Diplomates American Board of Orthopaedic Surgery • Members American Orthopaedic Society for Sports Medicine
Fellows American Academy of Orthopaedic Surgeons*

Rehabilitation Instructions

Arthroscopic Decompression/ Distal Clavicle Excision/ Biceps Tenotomy

Immobilizer: Should be worn for comfort (usually 3-5 days). May advance rehabilitation as rapidly as motion and pain allow. Delay biceps curls/contractions for 6 weeks if biceps tenotomy performed.

Phase I (0-4 weeks):

Range Of Motion (AAROM):

- Goal FROM by 4 weeks

Strengthening Exercises:

- Scapular stabilization
- Rotator cuff strengthening to begin after FROM
- Stationary bike

Phase II (4-8 weeks):

Strengthening Exercises:

- IR/ER, scaption thumb up
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs

Phase III (8-12 weeks):

Strengthening Exercises:

- Weight training - keep hands within eyesight with elbows bent
- Minimize overhead activity
(No military, pull downs behind head, or wide grip bench)

Return to Activities:

- | | |
|----------------------------|----------|
| • Computer | 1 week |
| • Golf, Tennis | 2 months |
| • Swimming | 10 weeks |
| • Contact Sports, throwing | 3 months |