



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 |