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- FORUM, Society of Fellowship Trained Women in Orthopaedic Surgery
- Diplomate American Board of Orthopaedic Surgery
- Member American Orthopaedic Society for Sports Medicine
- Member Arthroscopy Association of North America
- Fellow 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