

# Physical Therapy Prescription

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## Arthroscopic Subacromial Decompression/Biceps Tenodesis Protocol

Surgical Date:

Side:  Right  Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b> <b>Weeks 0 - 4</b>	Edema and pain control Protect Repair	Sling at all times including sleep OK to remove for showers and exercises <b>No active elbow flexion for 4 weeks</b>	Codman and Pendulum Scapular stabilization Shoulder Elbow, wrist, hand P/AA/AROM Gentle isometrics Posterior capsular stretching
<b>Phase 2:</b> <b>Weeks 4- 8</b>	Protect repair Restore ROM	Discontinue sling Avoid resisted elbow flexion	Advance P/AA/AROM as tolerated Active elbow flexion without resistance Joint mobilizations Deltoid, biceps, triceps isometrics
<b>Phase 3:</b> <b>Weeks 8 - 12</b>	Full ROM Return to activities	Avoid rotator cuff inflammation OK to begin running/cycling	A/AA/PROM no limits Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff Gentle resisted elbow flexion
<b>Phase 4:</b> <b>Weeks 12+</b>	Full ROM and strength Improve endurance	Avoid painful activities Return to sport (MD directed)	Advance eccentric training as tolerated Elbow flexion strengthening Advance endurance training Sport specific activities

Treatment:  1-2  2-3 times per week for \_\_\_ weeks.  Home Program

Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: \_\_\_\_\_

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