

Dr. Curtis Noel's Protocol for:

- **ARTHROSCOPIC DEBRIDEMENT**
- **BICEPS RELEASE**
- **AC Decompression**
- **SUBACROMIAL DECOMPRESSION**



Sling Use:

Sling for 1-2 weeks, discontinue as tolerated
May advance rehabilitation as rapidly as motion and pain allow

Phase I: (Passive)

Week 1

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation – Full
- Supine Forward Elevation - Full
- Internal Rotation – Full

Phase II:
(Active/Assistive)

Week 2

- Pendulums to warm-up
- Active Assistive Range of Motion with Terminal Stretch to prescribed limits.
- Supine-Seated External Rotation
- Supine-Seated Forward Elevation
- Internal Rotation

Phase III: (Resisted)

Week 3

- Pendulums to warm up and continue with phase 2
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Bicep Curls
- PRE's for Periscapular strengthening

Weight Training:

Week 4

- Keep hands within eyesight, Keep elbows bent
- Minimize overhead activities
(No Military press, pull downs behind head, or wide grip bench)

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

4 weeks

Golf

8 weeks

Tennis

4 months

Contact Sports

Several months post-op

Late Terminal Stretching

****Include elbow flexion and supination if biceps release was performed with this surgery*