

Jared Smith, MD

Distal Clavicle Excision & Biceps Tenodesis

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling except for exercises Avoid active elbow flexion No abduction >90° No rotation in 90° abduction	Elbow, wrist, hand ROM Codman/Pendulum Shoulder P/AA/AROM as tolerated Posterior capsule stretch Posture training
Weeks 4-8 PT 2-3x/week HEP daily	FF 160°, ER 60°	DC sling No resisted elbow flexion No abduction >90° Avoid cross body adduction Avoid 90/90 ER	Advance P/AA/AROM as tolerated Begin gentle isometrics (arm at side) Progress to bands (arm at side) Active elbow flexion (no resistance)
Weeks 8-12 PT 2-3x/week HEP daily	Full ROM Return to activity	No sling Strengthening only 3x/week to avoid rotator cuff tendinitis	Continue ROM exercises Advance strengthening as tolerated Begin gentle resisted elbow flexion Begin eccentric resisted motion and closed chain exercises
Weeks 12+ HEP daily	No restrictions	None	Maintenance exercises