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Subacromial Decompression and Subpectoral Biceps Tenodesis

General Information

- **Wound care**
 - After surgery, you will have bandages over wounds that can be removed after 72 hours for showering. It is not uncommon to have some fluid leakage, if you notice this, you may remove and replace with another bandage
 - After 72 hours, wounds can be covered with band-aids or other dressings purchased from the pharmacy for the first 7 days. After that no dressing is necessary
 - Always wash hands prior to touching wound
 - Showering is permitted after 72 hours, see bathing instructions below
 - DO NOT get into a pool, bathtub, spa, lake, or ocean until 1-month post-op
 - Please contact our office immediately if you notice any of the following as these could be signs of infection:
 - Fluid leaking from wound beyond 48 hours post-op
 - Foul odor from the wound
 - Any significant redness or warmth around the wound
 - Please check your temperature if you begin to feel ill, warm, or have body chills. Contact our office immediately if your temperature is above 101 degrees or you think you may have an infection anywhere in your body. It is common to have a low temperature within the first week of surgery. Make sure to stay well hydrated as this will help minimize this
 - It is common to have swelling and/or bruising after surgery and is expected. The bruising may start out black-red-purple and change to a yellowish-green color over a few weeks. The bruising may go down the arm. You also may have swelling in your hand. This will go away with time; squeezing a ball or making a fist repeatedly will help with this
- **Blood clots**
 - Surgery may slow the blood flow in your legs, which rarely may result in a blood clot. If a clot does form, your leg will usually become swollen and painful. Walking regularly early after surgery can prevent blood clots as moving the ankle and toes frequently. You should additionally avoid crossing your legs in the initial post-op period
 - Please contact our office right away if you have any leg swelling, tenderness, pain, warmth or redness
 - Call 911 immediately if you begin to have any chest pain, trouble breathing, rapid breathing, sweating, or confusion as this is a sign that a blood clot may have moved to your lungs
- **Activity limits**

- Deskwork when comfortable
- No driving for 1 week
- May use arm for activities of daily living with no weight after 1 week
- No reaching behind back except with exercises for 6 weeks
- No resisted biceps flexion for 6 weeks
- No pushing/pulling except with exercises for 6 weeks
- No sports/heavy activity until 8 weeks
- **Rehab diary**
 - Please keep track of therapy visits and exercises done at home. Please bring this diary to each clinic visit

Strategies for Independence with Activities of Daily Living (Review with Therapist)

- **Upper body dressing**
 - Select loose-fitting clothing
 - Always dress operative arm first
 - Use nonoperative arm to pull shirt onto the operative arm, pulling the shirt as far up the arm as possible. Use the nonoperative arm to pull the shirt over your head or behind your back and down your body. The nonoperative arm goes into the shirt last
 - Always undress the operative arm last
 - Consider large shirts with buttons or zippers in the first few weeks following surgery or obtain sling specific shirts (www.slingshirt.com OR www.reboundwear.com for shirts with snaps that are easy to wear/remove or search “post-operative shoulder surgery shirt” on Amazon)
 - Remember to keep your operative arm close to your body while assisting with buttoning or zipping
 - Females may consider wearing a camisole or tank top as an alternative to a bra following surgery. If a bra is preferred, consider sports bras that zip or close in the front or a strapless bra to avoid irritation at incision site
- **Lower body dressing**
 - Utilize your nonoperative arm to thread both feet into pants while sitting. Stand up to pull pants up past your hips using your nonoperative arm. When securing pants, the operative arm may assist, but be sure to keep it close to your body
 - Consider pants with elastic
- **Sling management**
 - Sling to be worn for 1 week only, then may be worn only as needed
 - You may start using your arm for activities of daily living after 1 week
- **Bathing**
 - You may shower after 72 hours post-op, dressing can be removed for showering
 - Your arm comes out of the sling and rests at your side during the shower
 - Do not scrub the surgical site
 - To wash and clean the underarm of your surgical arm, bend at the waist and let the arm passively move away from your body as you bend forward, similar to pendulum exercises
 - No submerging under water in a bath, pool or hot tub until 4 weeks post-op

- Consider purchasing a bath mat for prevention of falls while showering
- **Grooming**
 - Bend forward from your trunk, similar to pendulum exercises) to move your arm away from your body for activities such as bathing, deodorant, and shaving underarms
- **Toileting**
 - Use your nonoperative arm
 - Place toilet paper on nonoperative side
 - Consider using toileting aid
- **Sleeping**
 - Keep sling on when sleeping for the 1st week
 - It is preferred that you sleep on your back or in a semireclined position
 - Consider sleeping in a recliner if available
- **Home management**
 - Consider preparing meals and freezing them prior to surgery
 - Temporarily move frequently used items from higher shelves to counter top level
- **Driving**
 - No driving until 1 week post-op
 - Start with low risk driving on local streets and progress to riskier freeway driving

General Guidelines

- The patient is to begin therapy in 1-2 weeks after surgery
- The patient should work with the therapist 1-3x/week until cleared by surgeon
- Please review home exercise program with patient as detailed on this guide
- Please do not add or modify any portions of this protocol without discussing with the surgeon

Phase I: Early Range of Motion – 0-4 Weeks Post-Op

- **PT Exercises**
 - Sling to be worn for 1 week and then may discontinue as tolerated
 - No resisted biceps flexion for 6 weeks
 - Regular icing/cold therapy usage (as much as possible for first 10 days)
 - Monitor edema in elbow, forearm, hand
 - Begin immediate elbow, forearm, and hand ROM – grasping and gripping
 - Begin scapular ROM exercises including, shrugs, depression, retraction and protraction
 - Begin AAROM: pulleys, wand, and supine gravity assisted
 - May start shoulder isometrics and pain improves
 - Cervical, levator scapulae and pectoralis minor stretching
 - Manual retrograde massage and gentle scar mobilization once healed
 - Recumbent bicycle
- **Home (Daily Exercises)**
 - AAROM
 - Scapula exercises

Phase II: Restore Function - > 4 Weeks Post-Op

- **Teaching / Exercises**
 - Continue AROM and AAROM
 - Progress PROM and capsular stretching as tolerated
 - Equate AROM and PROM
 - Initiate rotator cuff and scapular stabilizer strengthening avoiding positions of impingement (bands, dumbbells, etc.)
 - May progress resisted biceps flexion after 6 weeks post op
 - May return to functional activities and sports as tolerated after 8 weeks
- **Home (Daily Exercises)**
 - Progressive rotator cuff and scapula strengthening