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Dr. Randy Clark

Shoulder Subacromial Decompression, Distal Clavicle Resection, Biceps Tenotomy,
 Debridement
 Physical Therapy Protocol

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks <i>*Start Physical therapy at 2 weeks</i>	May remove sling as comfort allows	1-full PROM of shoulder and elbow 2-advance active assist ROM to full active ROM	1-No lifting/pulling/pushing greater than 3 lbs 2-No strengthening	1-Decreased pain and swelling 2- full ROM
4-12 weeks	No sling	1-full ROM	1-Scapular stabilization 2- Begin RTC band strengthening program 3- Begin resistance strengthening after 6 weeks	1-full strength
12 -16 weeks	No sling	Full ROM	1-Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	1- full work and sport function

Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.

Specific Recommendations /Restrictions /Goals:
