



Michael H. Metcalf, M.D. / M. Daniel Hatch, M.D.

Post-Operative Instructions for Biceps Tenodesis, Subacromial Decompression & Distal Clavicle Resection

Sling Use

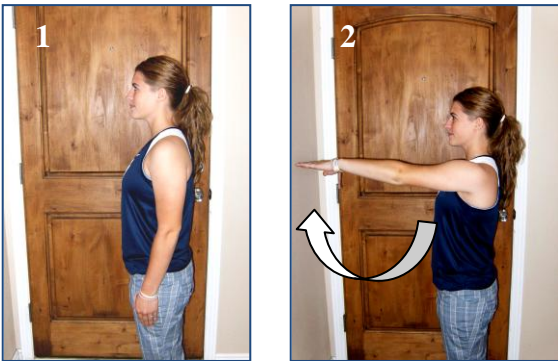
You should remain in the sling full time for the first 6 weeks; the pillow on the sling is for comfort only. You may remove it if it is more comfortable. The Sling must be used to allow your Biceps tendon to heal; you **should not lift, push, or pull anything** with that arm or hand!

Active Shoulder Range-of-Motion

Active range-of-motion (AROM) means that you move your arm with the use of your own muscles. Perform the following AROM exercises 3 times a day, with 10-15 repetitions each. You should perform these in a range of some discomfort, but not pain!

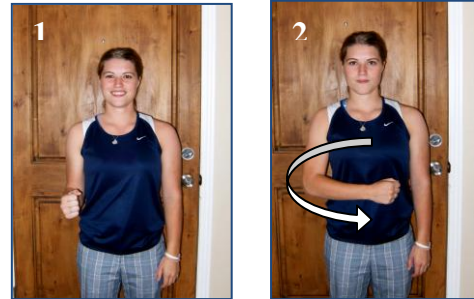
Forward Elevation

With your arm down to your side, slowly raise your arm forward as high as comfort permits. When you feel some discomfort or stretching stop, hold it for a few seconds and then lower your arm in a slow and controlled manner.



Internal/External Rotation

With your elbow bent to 90° and your arm at your side, slowly rotate your arm into your belly. Hold it there for a few seconds and then slowly rotate your hand away from your body. You should feel a stretch or some discomfort (Not Pain).



Shrugs (Scapular Stability)

To perform shrugs simply raise or “shrug” your shoulders up while maintaining good posture. Hold for several seconds and repeat.



Retraction (Scapular Stability)

To perform this exercise, maintain good posture and pinch your shoulder blades together. Hold for a few seconds.

