



## ARTHROSCOPIC

1. Subacromial Decompression
2. Distal Clavicle Resection
3. Biceps Tenotomy

**\*Please take this information to your physiotherapy appointments.**

### GOALS OF SURGERY

- primary goal: reduce pain
- secondary goal: function often improves with pain reduction

### Surgical Procedure

#### Subacromial Decompression

- removal of bone spurs and portions of the coracoacromial ligament and soft tissue that are pressing on or pinching the rotator cuff

#### Distal Clavicle Resection

- removal of bone spurs that are rubbing on the acromion

#### Biceps Tenotomy

- release of the long head of biceps (may cause a “popeye” deformity)

## POST OPERATIVE PROTOCOL

**Sling for comfort (remove sling when comfortable)**

### Weeks 0-3

- Pendulum exercises four times daily (start by 3 days post surgery)
- Passive forward elevation exercises four times daily (start by 3 days post surgery)

### Weeks 4-12

#### Physio

- Progress range of motion and strengthening as tolerated
  - Rehabilitation exercises should not cause pain before, during or after exercises

#### After 3 months

- Return to full activities as tolerated (many people take 6 months to return to full activities)