

# PHYSICAL THERAPY PRESCRIPTION



**UC Irvine Health**

**Dean Wang, M.D.**

Orthopaedic Surgery and Sports Medicine

Appointments: 714-456-7012 (Orange) || 949-515-5210 (Costa Mesa)

Office: 714-456-7012

Fax: 714-456-8711

CA License: A124076

PATIENT STICKER

## DISTAL CLAVICLE EXCISION AND BICEPS TENODESIS PROTOCOL

**Surgical Date:** \_\_\_\_\_

**Side:**  Right  Left

**Diagnosis:** Distal Clavicle Excision and Biceps Tenodesis

Postop	Goals	Precautions	Exercises
<b>Weeks 0-4</b> 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
<b>Weeks 4-8</b> 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)
<b>Weeks 8-12</b> 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
<b>Weeks 12+</b> HEP daily	No restrictions	None	Maintenance exercises

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**