



Shoulder Arthroscopy with Biceps Tenodesis

Post-Operative Rehabilitation Protocol

0-4 weeks

- Sling on at all times x 4 weeks taken only off for exercises and hygiene
- Passive to Active shoulder ROM as tolerated
 - 140° Forward Flexion
 - 40° External Rotation with arm at side
 - Internal rotation behind back with gentle posterior capsule stretching
 - **No** rotation with arm in abduction until 4 weeks
- With distal clavicle excision, hold cross body adduction until 8 weeks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codman's
- Avoid Abduction and 90/90 ER until 8 weeks
- **No** resisted elbow flexion until 8 weeks

4-8 weeks

- Discontinue sling at 4 weeks
- Advance ROM as tolerated
 - Goals: FF to 160°, ER to 60°
- Begin Isometric exercises
- Progress deltoid isometrics
- ER/IR (submaximal) at neutral
- Advance to TheraBand as tolerated
- No resisted elbow flexion until 8 weeks

8-12 weeks

- Advance to full, pain-free ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3 times/week to avoid rotator cuff tendonitis

Shoulder Abduction Sling

Sling on at all times x 4 weeks, taken off only for exercises and hygiene

ROM Restrictions

PROM beginning POD
1. Progress to AROM as tolerated.



Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises:														
Active ROM: Elbow, Wrist, & Hand	█													
Pendulums	█	█												
Supine Elevation in Scapular Plane (140°)	█	█												
Scapular Stabilization	█	█												
Deltoid Isometric in Neutral	█	█												
Passive ROM	█													
Pulley/Cane Exercises	█	█												
Sling Discontinuation				█										
Advanced Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Begin Active ROM	█	█												
Light Resisted Isometrics				█										
Light Stretching at End Ranges	█	█												
Upper Body Ergometer						█								
Eccentrically Resisted Motions/Plyometrics								█						
Sports Related Rehab								█						
Cardiovascular Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike	█													
Elliptical Trainer			█											
Rowing											█			
Stair stepper			█											
Agility Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running Progression											█			
Functional Sports Test											█			
High Level Activities:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression													█	
Return to Throwing													█	
Return to Throwing from the Pitcher's Mound													█	
Return to Full/Collision Sport at 6 months post-op													█	

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS