



Shoulder Arthroscopy with Biceps Tenodesis Rehabilitation Protocol

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PT Frequency: 2-4 times per week

ROM Restrictions: No rotation with the arm in abduction until 4 weeks, avoid Abduction and 90/90 ER until 8 weeks, No resisted elbow flexion until 8 weeks

Brace: Abduction sling for 4 weeks, taken off only for exercises and hygiene

Phase I: Week 0-4

- Shoulder abduction sling x 4-6 weeks on at all times except 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 and hand ROM, Codman's
- **No** resisted elbow flexion until 8 weeks

Phase II: Weeks 4-8

- 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

Phase III: Weeks 8-12

- 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



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:														
Begin Active ROM														
Light Resisted Isometrics														
Light Stretching at End Ranges														
Upper Body Ergometer														
Eccentrically Resisted Motions/Plyometrics														
Sports Related Rehab														
Cardiovascular Exercises:														
Bike														
Elliptical Trainer														
Rowing														
Stair stepper														
Agility Exercises:														
Running Progression														
Functional Sports Test														
High Level Activities:														
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 Dr. Jorge Chahla's post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS