

# 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	
<b>Initial Exercises:</b>															
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				█											
<b>Advanced Exercises:</b>															
Begin Active ROM		█													
Light Resisted Isometrics				█											
Light Stretching at End Ranges		█													
Upper Body Ergometer						█									
Eccentrically Resisted Motions/Plyometrics								█							
Sports Related Rehab								█							
<b>Cardiovascular Exercises:</b>															
Bike	█														
Elliptical Trainer			█												
Rowing											█				
Stair stepper			█												
<b>Agility Exercises:</b>															
Running Progression											█				
Functional Sports Test											█				
<b>High Level Activities:</b>															
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