

Arthroscopic Posterior + Anterior Stabilization Repair and Open Biceps Tenodesis Rehabilitation Protocol

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PT Frequency: 2-4 times per week

ROM Restrictions: PROM at 2 weeks (90° FF, 45° ER at side, IR to neutral with arm at side, 90° ABD). 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: Weeks 0-4 (Maximal Protection Phase)

- Sling at all times except during home exercise program and hygiene
- 0-2 weeks: elbow/wrist ROM, grip strengthening at home only
- At 2 weeks: begin shoulder PROM only
 - Restrict motion to 90° FF, 20° ER at side, IR to stomach, 45° ABD
 - **No** rotation with arm in abduction until 4 weeks
 - **No** cross-body adduction until 6 weeks post-op
 - **No** resisted elbow flexion until 8 weeks
- Grip strength, active ROM elbow, wrist, and hand
- Begin deltoid/cuff isometrics

Phase II: Weeks 4-6 (Moderate Protection Phase)

- Discontinue sling use at 4-6 weeks as tolerated
- PROM → AAROM → AROM as tolerated
 - Restrict motion to 90° FF, ER at side to tolerance, IR to stomach, 90° ABD
 - Begin with gravity eliminated motion (supine) and progress
 - Do not fore ROM with substitution patterns
 - **No** cross-body adduction until 6 weeks post-op
 - **No** resisted elbow flexion until 8 weeks
- Progress cuff isometrics with the arm at the side
- Deltoid/scapular ER/IR (submaximal) with arm at side
- Begin strengthening scapular stabilizers

Phase III: Weeks 6-12 (Minimal Protection Phase)

- Gradual return to full AROM
- Gentle stretching at end ROM
- Continue isometrics
- Once FF 140°, advance strengthening as tolerated
 - Isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers
 - All strengthening exercises below horizontal
- Only do strengthening 3x/week to avoid rotator cuff tendinitis

Phase IV: Months 3-12 (Strengthening Phase)

- Advance to full pain-free ROM as tolerated with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning/weight training
- Push-ups at 4 ½ - 6 months
- Return to throwing at 4 ½ months. This timeframe is highly unpredictable and will vary greatly between each individual patient.
- Throw from pitcher's mound at 6 months
- Bracing may be used for return to contact or collision sports up to 6 months



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				█											
Cuff 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 at 6 months														█	
Return to Full/Collision Sport at 6-9 months post-op														█	

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