



Shoulder Arthroscopy Biceps Tenodesis Post-Operative Rehabilitation Protocol

0-4 Weeks:

- Sling for Comfort
- May discontinue after 4 weeks
- 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 resistive elbow flexion until 8 weeks

4-8 Weeks:

- Discontinue Sling
- 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, painless ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3 times/week to avoid rotator cuff tendonitis
- ** Upper Body Assessment when initiating return to activity progression.
Schedule via QR code or spc@rushortho.com

