

UCLA OUTPATIENT REHABILITATION SERVICES	
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**SHOULDER ARTHROSCOPIC / OPEN BICEPS TENODESIS PHYSICAL
THERAPY PRESCRIPTION**

**Diagnosis: s/p (LEFT / RIGHT) Shoulder Arthroscopic / Open Biceps
Tenodesis**

Surgery Date: _____

PHASE I (0-4 weeks post-op):

- ___ Pendulum exercises & Codman's within controlled arc below 110°
- ___ Passive supine forward elevation in plane of scapula; Passive supine ER
- ___ Passive elbow motion; No active elbow flexion / biceps contraction
- ___ Wrist and gripping exercises; Deltoid isometrics; Modalities PRN
- ___ Sling at all times except during exercise

PHASE II (4-6 weeks post-op):

- ___ Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks
- ___ Pool exercises: gentle shoulder AAROM forward elevation, abduction, extension, horizontal adduction; elbow flexion and extension
- ___ Continue wrist and gripping exercises; Deltoid isometrics
- ___ Modalities PRN; Begin lower extremity and trunk strengthening
- ___ D/C sling at 6 weeks

PHASE III (6-12 weeks post-op):

- ___ 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side
- ___ Progress flexion
- ___ 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction
- ___ Pool exercises AROM all directions below horizontal, light resisted motions in all planes
- ___ AAROM activities to restore flexion, IR, horiz ADD
- ___ Deltoid, Rotator Cuff isometrics progressing to isotonic
- ___ PRE's for scapular muscles, latissimus, biceps, triceps
- ___ PRE's work rotators in isolation (use modified neutral)
- ___ Joint mobilization (posterior glides)
- ___ Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics
- ___ Utilize exercise arcs that protect anterior capsule from stress during PRE's
- ___ Keep all strength exercises below the horizontal plane in this phase

PHASE IV (12-16 weeks post-op):

- ___ Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm
- ___ Aggressive scapular stabilization and eccentric strengthening program
- ___ PRE's for all upper extremity musculature (begin to integrate upper extremity patterns); Continue
 - to emphasize eccentrics and glenohumeral stabilization; All PRE's are below horizontal plane
 - for non-throwers
- ___ Begin isokinetics & muscle endurance activities (UBE)
- ___ Continue with agility exercises & advance functional exercises; Full return to sporting activities

Treatment: _____ times per week Duration: _____ weeks _____
Home Program

**Please send progress notes.

Physician's Signature: _____ **Date:** _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

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