



## **Post-Operative Rehabilitation for Shoulder Arthroscopy Biceps Tenodesis**

### **0-4 Weeks:**

Sling at all times for 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 wks

With distal clavicle excision, hold cross body adduction until 8wks.

Grip Strength, Elbow/Wrist/Hand ROM, Codmans

Avoid Abduction and 90/90 ER until 8wks

No resistive elbow flexion until 8 wks

### **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 wks

### **8-12 Weeks:**

Advance to full, painless ROM

Continue strengthening as tolerated (3 times per week to avoid rotator cuff tendonitis)

Begin eccentrically resisted motion and closed chain activities