

Shoulder Biceps Tenodesis Rehabilitation Protocol

Avoid activities that lead to sustained pain.

Phase I- Immediate Post Surgical Phase (Protected Motion- Days 1 to Week 6)

0-2 weeks

Pain Control.

No Passive ROM with PT, pendulum exercises only. No active or active assisted activation.

Okay to do active elbow flexion/extension and pronation/supination. BUT NO RESISTANCE DURING ELBOW FLEXION/EXTENSION AND PRONATION/SUPINATION.

Sling off at 3 weeks.

3-4 weeks

Passive ROM with PT limited to abduction of 120 degrees, Flexion of 120 degrees, IR in 45 degrees in position of 45 degree of abduction.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Proprioceptive training

Scapular mobilization

5-6 weeks

Maximize Active ROM all planes, initially with gravity eliminated.

Gentle (20% of maximum strength) isometric shoulder rotation exercises with elbow by side

Proprioceptive training

ROM limited to abduction of 145 degrees, Flexion to 145 degrees, ER in 45 degrees, IR in 45 degrees in position of 45 degree of abduction.

Scapular mobilization

Periscapular strengthening. AROM of elbow flexion and extension.

Phase II- Intermediate Phase-Moderate Protection Phase (Weeks 7-14)

Goals: Restore muscular strength and balance and progress periscapular and shoulder strengthening program.

Phase III- Minimal Protection Phase (Weeks 14-20)

Restricted sports activities.