

Shoulder Arthroscopy with Biceps Tenodesis Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Minimize swelling ● Begin passive ROM 	<p>Regular sling (comfort only) x 4 weeks</p> <p>No resisted elbow flexion x 6 weeks</p>	<ul style="list-style-type: none"> ● Passive ROM: ER 30 Abd full, IR to belly <p>Modalities:</p> <ul style="list-style-type: none"> ● Cryotherapy ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Passive ROM: EXT rotation and internal rotation to belt, Forward elevation and scaption, abduction ● Avoid elbow flexion/forearm supination for 6 weeks
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Gain full passive ROM ● Edema/pain control 	<p>Wean out of sling week by week 5.</p> <p>No resisted elbow flexion or biceps tension x 6 weeks</p>	<ul style="list-style-type: none"> ● Achieve full passive ROM ● Begin Active Assist ROM at 4 weeks ● Initiate AROM at 4 weeks ● ER to 45 starting week 4 <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● AAROM: ER and IR, forward elevation and scaption ● Isometrics at 4 weeks: ER and IR, triceps ● NO biceps loading for 6 weeks ● Active ROM (starting at 4 weeks): sidelying ER, FE and scaption, salutes (lawn chair progression), prone extension&horizontal abd, open chain proprioception ● Scapulothoracic isometrics



<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Work towards full AROM 		<ul style="list-style-type: none"> • Full PROM and AROM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER • Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls, tricep extension • Closed chain stability • Prone lower trap • Bear Hugs, punches with a plus
<p>Phase 4 (13+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Gain full muscular strength 	<p>Progress to full weightbearing</p>	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Return to overhead activities and plyometric overhead training