

Shoulder Arthroscopy with Biceps Tenodesis Rehabilitation Protocol

I. Post-op Days 1 – 7

- a. Sling for comfort – D/C when pain is controlled; use when outside of house during first 6 weeks.
- b. Hand squeezing exercises
- c. Elbow and wrist AROM
- d. Pendulum exercises
- e. AAROM in pain-free range (supine wand, wall climbs, pulleys)
- f. AROM in pain-free range as tolerated
- g. Shoulder shrugs / scapular retraction ex without resistance
- h. Stationary bike
- i. Ice pack PRN
- j. **Goals:** Pain control; AAROM Flexion and Abduction to 120 degrees
- k. Lifting Restrictions to <10lbs through Week 4

II. Days 7 – 14

- a. Continue appropriate previous exercises
- b. AAROM, AROM in pain-free range
- c. Isometrics x 6 (box) – pain-free
- d. Light TheraBand for ER and IR arm at side with pillow or towel roll under arm
- e. Standing rows with light TheraBand
- f. **Goal** – AROM Flexion and Abduction to 150 degrees

III. Weeks 2 – 4

- a. Continue appropriate previous exercises
- b. PROM / Mobilization as needed to regain full motion
- c. TheraBand ex x 6, pain-free
- d. Biceps and Triceps PREs with light weight
- e. Prone scapular retraction exercises
- f. Body Blade
- g. UBE forwards and backwards
- h. Elliptical trainer
- i. Treadmill – Walking progression program
- j. **Goal** – Full AROM

IV. Weeks 4 – 6

- a. Continue appropriate previous exercises
- b. TheraBand ex x 6 with increasing resistance
- c. Seated row weight machine with light weight
- d. Ball on wall (arcs, alphabet)
- e. BAPS on hands
- f. Ball toss with arm at side
- g. Push-up progression against wall
- h. Treadmill – Running progression program
- i. **Goal** – 30 wall push-ups
- j. Lifting Restrictions to <20lbs through Week 8

V. **Weeks 6 – 8**

- a. Continue appropriate previous exercises
- b. Bench press with light weight
- c. Ball toss overhead
- d. Fitter on hands
- e. Push-up progression – Table to chair
- f. Pool therapy
- g. Running progression to track
- h. **Goal** – Normal rotator cuff strength

VI. **Months 2 – 4**

- a. Continue appropriate previous exercises with increasing resistance
- b. Push-ups, regular
- c. Sit-ups
- d. Assisted Pull-ups, dips
- e. Swimming
- f. Transition to home / gym program
- g. **Goals:** Return to all activities
 - i. Pass Fitness Test for military/law enforcement at 4 months post-op
- h. Lifting Restrictions to <30lbs through week 12, then as tolerated