

# Shoulder Arthroscopy with Bicep Tenodesis

## Physical Therapy Protocol

### STAGE 1

#### 1-2 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Sling at all times.
- Make sure to move the elbow and wrist at least 5 times a day.
- Pendulum exercises as tolerated.

### STAGE 2

#### 2-4 Weeks Post-Operative

- Continue active elbow and wrist motion.
- No active elbow flexion.
- Start passive elbow flexion and extension.
- No bicep strengthening including resistance.
- Passive and active assisted shoulder range of motion as tolerated.
- Continue to wear sling.

### STAGE 3

#### 4-8 Weeks Post-Operative

- Discontinue Sling
- Should have full passive elbow flexion and extension at 4 weeks.
- Begin active elbow flexion.
- Progress passive and active range of motion exercises as tolerated.
- Should have full passive shoulder range of motion at 4 weeks.
- Begin gentle strengthening program for shoulder, internal and external rotation to strengthen the subscapularis and infraspinatus.
- Start upper body ergometer for motion at 6 weeks, no resistance.
- Advance to light weights at 6 weeks.

### STAGE 4

#### 8-10 Weeks Post-Operative

- Advance strengthening for shoulder, may add light weights.
- Begin gentle biceps resistance exercises, light weights 8 lbs max through 8-10 weeks, including forearm supination.
- May advance bicep strengthening without limit after week 10, including flexion and supination.