

Rehabilitation Protocol: Shoulder Arthroscopy and Biceps Tenodesis

Phase 1 (Weeks 0-4)

- Sling for comfort – Discontinue sling use 2-3 weeks after surgery
- **Range of Motion:** PROM → AAROM → AROM of elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed); AROM of shoulder (no restriction)
 - Goals: full passive flexion/extension at elbow and full shoulder AROM
 - Encourage pronation/supination without resistance
 - Grip strengthening
- Heat/Ice before and after PT sessions

Phase 2 (Weeks 4-12)

- **Range of Motion**
 - Continue AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility
 - Continue active/passive shoulder ROM as tolerated
- **Therapeutic Exercises**
 - Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
 - Begin light resistive biceps strengthening at **8 weeks post-op**
- Modalities per PT discretion

Phase 3 (Months 3-6)

- **Range of Motion:** Full shoulder/elbow without discomfort
- **Therapeutic Exercises**
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
 - Begin sport-specific rehabilitation
 - Return to throwing at 3 months (Throwing from a mound at 4.5 months)
 - Return to sports at 6 months if approved
- Modalities per PT discretion