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## Shoulder Arthroscopy with Biceps Tenodesis Protocol

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

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