Scott Adrian M.D
2778 N Webb Rd.
Wichita, KS 67226

Phone: 316-631-1600 ext. 1209
Fax: 316-631-1671

Shoulder Arthroscopy with Biceps Tenodesis

0-4 Weeks:

- Sling for Comfort.
- May discontinue after 4 weeks
- Passive to Active shoulder ROM as tolerated
    - 140° Forward Flexion
    - 40° External Rotation with arm at side
    - Internal rotation behind back with gentle posterior capsule
- stretching
- No rotation with arm in abduction until 4 weeks
- With distal clavicle excision, hold cross body adduction until 8wks.
- Grip Strength, Elbow/Wrist/Hand ROM, Codmans
- Avoid Abduction and 90/90 ER until 8wks
- No resistive elbow flexion until 8 weeks

4-8 Weeks:

- Discontinue Sling
- Advance ROM as tolerated (Goals FF to 160°, ER to 60°)
- Begin Isometric exercises
- Progress deltoid isometrics
- ER/IR (submaximal) at neutral
- Advance to theraband as tolerated
- No resisted elbow flexion until 8 weeks

8-12 Weeks:

- Advance to full, painless ROM
- Continue strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Only do strengthening 3times/week to avoid rotator cuff tendonitis