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Post-Operative Rehabilitation Guidelines for Shoulder Arthroscopy 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 wks
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 wks
- 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 wks
- 8-12 Weeks:** Advance to full, painless ROM
Continue strengthening as tolerated
Begin eccentrically resisted motion and closed chain activities
Only do strengthening 3times/wk to avoid rotator cuff tendonitis