



Dr. Joshua Alpert  
Post-Operative Rehabilitation Protocol:  
Shoulder - Proximal Bicep Tenodesis

**\*\*Note:** concomitant surgical interventions should take precedence over the tenodesis procedure if they include a rotator cuff repair\*\*

	<b>Sling</b>	<b>ROM</b>	<b>Exercise</b>	<b>Precautions</b>
<p><b>PHASE I</b> 0-4 weeks</p> <p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>- allow healing</li> <li>- initiate restricted, protected ROM</li> <li>- minimize muscular atrophy</li> <li>- decrease pain/inflammation</li> </ul>	<p>Sling at all times except for hygiene and exercises</p>	<p>PROM ONLY</p> <p><u>Week 0-2:</u> flexion as tolerated.</p> <ul style="list-style-type: none"> <li>- ER/IR with arm in scapular plane at 40° abduction: ER to 15°. IR to 45°</li> </ul> <p><u>Week 2-4:</u> flexion as tolerated. Abduction to 80°.</p> <ul style="list-style-type: none"> <li>- ER/IR with arm in scapular plane at 40°: ER to 30°. IR to 60°</li> </ul>	<p>Pendulum exercise. Active-assisted supine FF as tolerated. ERN as tolerated. Scapular retraction. IR behind back.</p> <p>Isometric exercises at 0° of abduction. Ball squeezes. Rhythmic stabilization. ROM for elbow, forearm, hand</p>	<ul style="list-style-type: none"> <li>- NO active ER, extension or abduction</li> <li>- avoid passive ER in abduction</li> <li>- avoid excessive shoulder extension</li> </ul>
<p><b>PHASE II</b> 4-8 weeks</p> <p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>- gradual increase in ROM</li> <li>- decrease pain</li> </ul>	<p>None</p>	<p>Okay to start AROM &amp; PROM</p> <p>Flexion as tolerated. ER at 45°, abduction to 50° IR at 45°, abduction to 60°</p> <p><u>At 6 weeks:</u> begin light and gradual ER at 90° abduction: progress ER to 45°</p>	<p>ERN. IR behind back. Supine FF as tolerated.</p> <p>Cont phase 1 exercises: active assisted progressing to active forward flexion with scapulohumeral rhythm. Sidelying ER. side lying scaption. Prone row, prone extension. Prone T standing scaption. Theraband ER/IR. Proprioception drills.</p>	<ul style="list-style-type: none"> <li>- Gentle mid-range ER in POS, gradually progress to coronal plane.</li> <li>- cautiously improve ERN</li> <li>- NO strengthening at all</li> </ul>
<p><b>PHASE III</b> 8-12 weeks</p> <p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>- gradually restore full ROM</li> </ul>	<p>None</p>	<p>Gradually progress ROM: flexion to 180°, ER at 90°: abduction to 90°. IR at 90°: abduction to full</p>	<p>Begin strengthening. ER at scapular plane. Wall slide. IR behind back. Horizontal adduction. Sidelying IR@90°. Overhead pulley.</p>	<ul style="list-style-type: none"> <li>- Gentle mid-range ER in POS, gradually progress to coronal plane.</li> <li>- cautiously improve ERN</li> </ul>

<ul style="list-style-type: none"> <li>- improve neuromuscular control</li> <li>- enhance proprioception and kinesthesia</li> </ul>			<ul style="list-style-type: none"> <li>- At week 9: hands behind head.</li> <li>Theraband: ER, IR, forward, punch shrug, dynamic hug, "w"s.</li> <li>- At week 9: bicep curl</li> <li>- At week 11: seated row</li> </ul> <p>Dynamic: continue from phase 2. Up to 1-3lbs as tolerated. Prone Y. continue RS. proprioception drills. Scapulohumeral rhythm exercises. Progress to work conditioning.</p>	
<p><b>PHASE IV</b> 12-16 weeks</p> <p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>- full ROM</li> <li>- improve strength power, endurance, dynamic stability, scapular muscle</li> </ul>	None	Progress and stretch to full ROM. continue previous stretches.	<p>Continue phase 3. Weight training can begin.</p> <p>Optional exercise</p> <ul style="list-style-type: none"> <li>- Theraband: add 'T's, diagonal up and down, add prone 'U's.</li> <li>- plyometric: rebounder throws with arm at side. Wall dribbles overhead. Begin work conditioning.</li> </ul>	<ul style="list-style-type: none"> <li>- No sports yet.</li> <li>- weight training per surgeon</li> <li>- continue to avoid excessive or forceful extension and ER</li> </ul>
<p><b>PHASE V</b> 16-20 weeks</p> <p><b>Goals:</b></p> <ul style="list-style-type: none"> <li>- increase activities for functional return</li> </ul>	None	Full ROM	<p>Continue above plyometrics. Add rebounder throws with weighted ball. Decelerations. Wall dribbles at 90°. Wall dribble circles.</p> <ul style="list-style-type: none"> <li>- interval sports programs can begin per surgeon</li> </ul>	<ul style="list-style-type: none"> <li>- weight training precautions</li> <li>- optional shoulder brace for collision sports</li> </ul>

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170