

Shoulder Arthroscopy with Bicep Tenodesis

Physical Therapy Protocol

Dr. Bradley Raphael MD

STAGE 1

1-2 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Sling at all times.
- Make sure to move the elbow and wrist at least 5 times a day.
- Pendulum exercises as tolerated.

STAGE 2

2-4 Weeks Post-Operative

- Continue active elbow and wrist motion.
- No active elbow flexion.
- Start passive elbow flexion and extension.
- No bicep strengthening including resistance.
- Passive and active assisted shoulder range of motion as tolerated.
- Continue to wear sling.

STAGE 3

4-8 Weeks Post-Operative

- Discontinue Sling
- Should have full passive elbow flexion and extension at 4 weeks.
- Begin active elbow flexion.
- Progress passive and active range of motion exercises as tolerated.
- Should have full passive shoulder range of motion at 4 weeks.
- Begin gentle strengthening program for shoulder, internal and external rotation to strengthen the subscapularis and infraspinatus.
- Start upper body ergometer for motion at 6 weeks, no resistance.
- Advance to light weights at 6 weeks.

STAGE 4

8-10 Weeks Post-Operative

- Advance strengthening for shoulder, may add light weights.
- Begin gentle biceps resistance exercises, light weights 8 lbs max through 8-10 weeks, including forearm supination.
- May advance bicep strengthening without limit after week 10, including flexion and supination.

Dr. Bradley Raphael MD

(315) 701-4024

raphaelmd.com

Practicing Locations

8324 Oswego Road Suite B Liverpool, NY 13090

5801 East Taft Road North Syracuse, NY 13212

5719 Widewaters Parkway Syracuse, NY 13214

