

POST-OP REHABILITATION GUIDELINES: SHOULDER ARTHROSCOPY, SAD/DCE WITH BICEPS TENODESIS

0-4 Weeks	• May discontinue after 4 weeks • Passive to Active shoulder ROM as tolerated ○ 140 degrees Forward Flexion ○ 40 degrees 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 8 weeks • Grip Strength, Elbow/Wrist/Hand ROM • Avoid Abduction and 90/90 ER until 8 weeks • No resistive elbow flexion until 8 weeks
4-8 Weeks	• Discontinue Sling • Advance ROM as tolerated (Goals FF to 160 degrees, ER to 60 degrees) ○ 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 3 times per week to avoid rotator cuff tendonitis