

## Biceps tenodesis and/or Subacromial Decompression Rehabilitation Protocol

	Range of Motion	Sling	Exercises
<b>Phase 1</b> 0-4 weeks	Passive to Active shoulder ROM as tolerated No rotation with arm in abduction until 4 wks	<b>0-4 weeks:</b> Sling for comfort	<b>0-2 weeks:</b> wrist/hand ROM, pendulums, <b>2-4 weeks:</b> Grip strengthening, pulleys/canes, closed chain scapula  140° Forward Flexion 40° External Rotation with arm at side Internal rotation behind back with gentle posterior capsule stretching Avoid Abduction and 90/90 ER until 8wks  <b>No resistive elbow flexion until 8 wks</b> Begin scapular protraction/retraction
<b>Phase 2</b> 4-8 weeks	Increase as tolerated to full	None	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
<b>Phase 3</b> 8-12 weeks	Progress to full without discomfort	None	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  Advance to sport and full activity as tolerated after 12 weeks

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-operative.

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