

PT Protocol:
Shoulder Arthroscopy, Subpectoral Biceps Tenodesis

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Shoulder Arthroscopy & Replacement
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Weeks after surgery

ROM & Muscle Initiation	1	2	3	4	5	6	7-11+	12-17+	18-23+	24+
Scapular retraction - depression										
Cervical, elbow, wrist & hand ROM										
Pendulums										
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction										
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption										
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception										
Isometrics A) External & internal rotation B) Biceps & triceps										
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation										
Muscular Endurance 3 x 15, 45s rest							7-12			
External & internal rotation										
Punches with a plus										
Sport cord rows										
Prone lower trap										
Bicep curls / tricep extension										
Closed chain stability										
Muscular Strength 3 x 10 120s rest								12-17		
External rotation at 45° & 90°										
Bear hugs										
Statue of liberty										
Push up plus progression										
Muscular Power 3 x 6, 180s rest									18-23	
Advanced closed chain stability										
PNF with resistance										
Decelerations & Plyometric ext rotation										
High Level Activities										24+
Skiing										
Overhead & serving sports										
Throwing progression										

WEIGHT BEARING RESTRICTIONS

NWB x 4 weeks
 Then <5 lbs for additional 2 weeks

Full weight bearing at 6 weeks

ROM RESTRICTIONS

No active elbow flexion x 4 weeks

Active assist shoulder forward elevation to 90° x 4 weeks

Active ROM as tolerated with shoulder ER, IR, Abduction

SLING

For 2-3 weeks, then wean as tolerated.

May remove sling for bathing, gentle ROM