

SHOULDER ARTHROSCOPY WITH BICEPS TENODESIS REHAB PROTOCOL AND POST-OP INSTRUCTIONS

For Patients at a glance:

- a. **Brace/Sling:** Use for 4 weeks following surgery. Remove for exercises (below) and shower. Wear for sleeping for the first 2 weeks.
- b. **Bandage/Shower:** May **remove bandage post-op day 3** and clean shoulder with alcohol and gauze. Keep any steri-strips/sutures in place and reinforce with band aids as needed. **Ok to shower, keeping shoulder covered and as dry as possible** with saran wrap (or something similar) and tape.
- c. After removing dressing on 3rd day, do not scrub over incisions while in shower. Just let soap/water drain over shoulder and pat dry. Do not submerge incisions in bath or pool until fully healed (3-4 weeks)
- d. **Physical Therapy:** Call to set up your first physical therapy visit within 7-10 days following surgery.
- e. If you had a **nerve block at the time of surgery, it usually wears off 24-48 hrs post-operatively.** It is normal to have some numbness in the shoulder/arm the first few days after surgery as a result.
- f. Take the prescribed pain medications as directed. You can supplement your pain control with Tylenol and over-the-counter ibuprofen if needed, making sure to follow the dosage as recommended on the bottle.
- g. **Ice:** You may have been given an ice machine to use after surgery to help control pain/swelling. Use for 20-30 minutes every 1-2 hours for the first few days and then as needed.
- h. There is no conclusive data about when it is safe to return to driving after shoulder surgery. You cannot drive while taking pain medications. Generally it is a good idea to arrange for someone else to drive for you for the first few weeks. Return to driving is highly individualized and is generally guided by your ability to drive safely and your ability to make evasive maneuvers if that was required.

I. REHABILITATION PROTOCOL 0-1 WEEK POST-OP:

- a. Establish **1st visit with physical therapist within 7-10 after surgery.**
- b. Grip strengthening/Hand squeezing exercises
- c. **Elbow and Wrist Active Range of Motion (AROM) as tolerated. Gentle supination**
- d. Pendulum exercises, Table Slides 3-6x/day
- e. Modalities, ice as needed.
- f. Active-Assisted Range of Motion (AAROM) and AROM shoulder in pain-free range
- g. Shoulder Shrugs/scapular retraction without resistance

- h. **Lifting restriction 5 lbs**
- i. **Goals: Full Elbow Extension, AAROM Flexion Shoulder 120 degrees**

II. 1-2 WEEKS POST-OP

- a. Continue appropriate previous exercises
- b. Table Slides/Pendulums 3x-6x/day
- c. AAROM, AROM in pain-free range shoulder and elbow without restriction
- d. Wall climbs, pulleys, functional reach behind the back, gentle posterior capsular stretching
- e. Deltoid isometrics, active assisted scapular strengthening in protective range (shrugs/retractions)
- f. Begin gentle isometrics for shoulder
 - i. No biceps strengthening until week 6
- g. **Lifting restriction 5 lbs**
- h. **Goals: Full Elbow Extension, AAROM Flexion Shoulder 150 degrees**

III. 2-4 WEEKS POST-OP:

- a. Out of sling for sleeping, continue to wear during day
- b. Continue appropriate previous exercises
- c. PROM / Mobilization as needed to regain full motion
- d. Advance posterior capsular strengthening
- e. Begin Theraband exercises for shoulder
- f. Deltoid isotonic in plane of scapula, advance scapular strengthening
- g. Begin stationary bike and elliptical
- h. **Lifting restriction: 5 lbs**
- i. **Goal: Full Elbow and Shoulder Range of Motion by week 4**

IV. 4-6 WEEKS POST-OP:

- a. Discontinue sling
- b. Continue appropriate previous exercises
- c. Begin rotator cuff isotonic
- d. Progress Therabands shoulder with increasing resistance
- e. Push-up against wall
- f. Stair climber
- g. **Lifting Restriction: 5 lbs**

V. 6-8 WEEKS POST-OP:

- a. Continue appropriate previous exercises
- b. **Begin light biceps strengthening** (elbow flexion and supination)
- c. Progress rotator cuff strengthening as tolerated
- d. Wall push-up progression
- e. Begin treadmill jogging
- f. **Lifting restriction: 10 lbs**

VI. 8-12 WEEKS POST-OP:

- a. Continue previous exercises would increasing resistance
- b. Regular push-ups
- c. Progress running program if desired
- d. Can begin swimming at 10 weeks
- e. Advance Biceps strengthening
- f. Can begin home/gym program as appropriate once all goals and no/minimal pain with full range of motion
- g. **Lifting restriction: 20 lbs** through week 12 and then as tolerated
- h. **Return to sports/unrestricted activity 3 months**

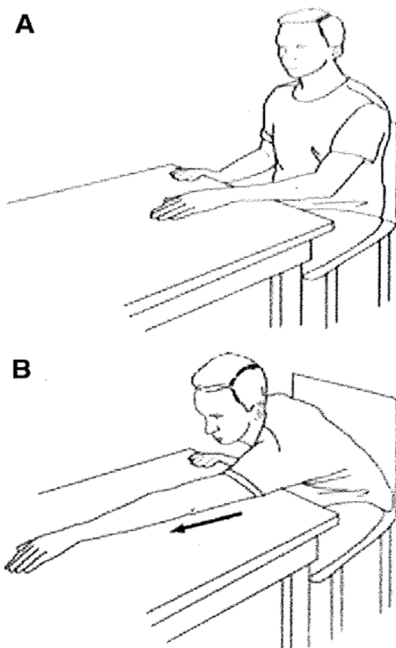
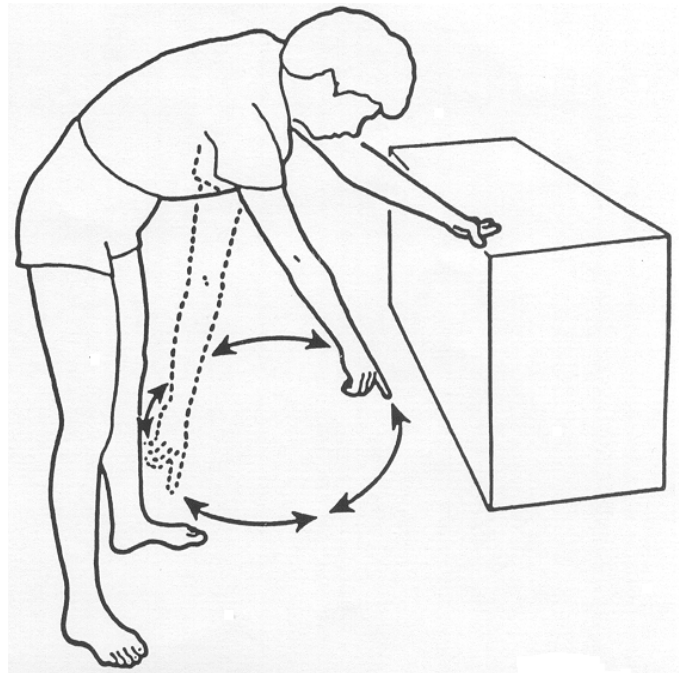
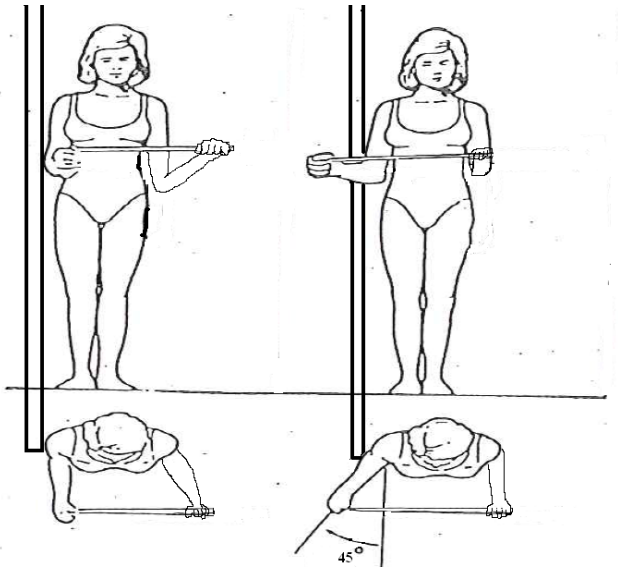


FIGURE 1. Table slide. (A) Starting position. While seated at a table, the patient places the hand of the affected shoulder on a sliding surface (e.g., a magazine that slides over a smooth table surface). (B) Ending position. The patient slides the hand forward, maintaining contact with the table, while the head and chest advance toward the table.





External Rotation Exercise: Using the nonoperative hand, push the stick against the operative side's hand to 45 degrees, and hold for 30 seconds; repeat 10 times per set.