

Biceps tenodesis and/or Subacromial Decompression Rehabilitation Protocol

	Range of Motion	Sling	Exercises
Phase 1 0-4 weeks	Passive to Active shoulder ROM as tolerated No rotation with arm in abduction until 4 wks	0-4 weeks: Sling for comfort	0-2 weeks: wrist/hand ROM, pendulums, 2-4 weeks: 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 No resistive elbow flexion until 8 wks Begin scapular protraction/retraction
Phase 2 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
Phase 3 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.