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Shoulder Open Sub-Pectoral Biceps Tenodesis
 Physical Therapy Protocol

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks <i>*Start Physical therapy at 2 weeks</i>	Sling at all times	1-full PROM of shoulder and elbow 2-no active elbow flexion or supination	No lifting/pulling/pushing	1- Decreased pain and swelling 2- full passive ROM
4-6 weeks	Remove sling at 4 weeks	1-Pendulums 2- passive ROM only FF to 120, ER to 30 3-No manipulation	1-Scapular stabilization 2-No resistance training or strengthening 3-Deltoid, Rotator Cuff Isometrics 4-no lifting/pushing/pulling	1- passive FF to 120 2- passive ER to 30 3- decreased pain and swelling
6-8 weeks	No sling	1-advance active assist ROM to full active ROM 2- No manipulation	Same as above	Full ROM
8-12 weeks	No sling	Same as above	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 3 lbs	Full active ROM with normal scapula-humeral rhythm
12-16 weeks	No sling	Full ROM	1-Begin resistance strengthening	full strength
16 weeks +	No sling	Full ROM	1- Advance resistance strengthening 2-Begin Isokinetics 3-Emphasize eccentric strengthening	ability to perform push-ups, pull-ups, sport-specific movements
<i>Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.</i>				

Specific Recommendations /Restrictions /Goals:
