

**Biceps Tenodesis and/or Subacromial Decompression Protocol**

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercises</b>
<b>Phase 1</b> 0-4 weeks	Passive to Active shoulder ROM as tolerated No rotation with arm in abduction until 4 weeks	<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 8 weeks No resistive elbow flexion until 8 weeks 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 weeks
<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/week 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