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SHOULDER ARTHROSCOPIC / OPEN BICEPS TENODESIS PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p Shoulder Arthroscopic / Open Biceps Tenodesis

PHASE I (0-4 weeks post-op):

___ Pendulum exercises & Codman's within controlled arc below 110°
___ Passive supine forward elevation in plane of scapula; Passive supine ER
___ Passive elbow motion; No active elbow flexion / biceps contraction
___ Wrist and gripping exercises; Deltoid isometrics; Modalities PRN
___ Sling at all times except during exercise

PHASE II (4-6 weeks post-op):

___ Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks
___ Pool exercises: gentle shoulder AAROM forward elevation, abduction, extension, horizontal adduction; elbow flexion and extension
___ Continue wrist and gripping exercises; Deltoid isometrics
___ Modalities PRN; Begin lower extremity and trunk strengthening
___ D/C sling at 6 weeks

PHASE III (6-12 weeks post-op):

___ 6-10 weeks, gradual A/AA/PROM to improve ER with arm at side
___ Progress flexion
___ 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction
___ Pool exercises AROM all directions below horizontal, light resisted motions in all planes
___ AAROM activities to restore flexion, IR, horiz ADD
___ Deltoid, Rotator Cuff isometrics progressing to isotonics
___ PRE's for scapular muscles, latissimus, biceps, triceps
___ PRE's work rotators in isolation (use modified neutral)
___ Joint mobilization (posterior glides)
___ Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics
___ Utilize exercise arcs that protect anterior capsule from stress during PRE's
___ Keep all strength exercises below the horizontal plane in this phase

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PHASE IV (12-16 weeks post-op):

___ Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm
___ Aggressive scapular stabilization and eccentric strengthening program
___ PRE's for all upper extremity musculature (begin to integrate upper extremity patterns); Continue
to emphasize eccentrics and glenohumeral stabilization; All PRE's are below horizontal plane
for non-throwers
___ Begin isokinetics & muscle endurance activities (UBE)
___ Continue with agility exercises & advance functional exercises; Full return to sporting activities