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Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

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**Post-Operative Rehabilitation Guidelines for
Shoulder Arthroscopy with Biceps Tenodesis**

0-4 Weeks:

- Sling for Comfort (1-2 days) Then discontinue
- Passive to Active shoulder ROM as tolerated
- 140° Forward Flexion
- 40° External Rotation with arm at side
- Internal rotation behind back with gentle posterior capsule stretching
- No rotation with arm in abduction until 4 wks
- With distal clavicle excision, hold cross body adduction until 8wks .
- Grip Strength, Elbow /Wrist /Hand ROM, Codmans
- Avoid Abduction and 90 /90 ER until 8wks

4-8 Weeks:

- 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

8-12 Weeks:

- 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