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## **POSTOPERATIVE REHABILITATION PROTOCOL**

### **SHOULDER ARTHROSCOPY WITH BICEPS TENODESIS**

**Sling for comfort, discontinue as tolerated. Avoid passive IR stretching**

**PHASE 1** – (Passive)

Week 1

Pendulums to warm-up  
Passive Range of Motion  
Full passive elbow flexion/extension  
Full passive forearm supination/pronation  
Full passive shoulder range of motion  
**Progress to active ROM as tolerated after 2-3 days**

**PHASE 2** – (Active)

Week 2-6

Pendulums to warm-up  
Active Range of Motion with Passive Stretch  
Active elbow flexion and extension – full ROM allowed  
Active forearm supination/pronation – full ROM allowed  
Full active shoulder range of motion

**PHASE 3** – (Resisted)

Week 7

Pendulums to warm up and continue with phase 2  
Bicep Curls  
Resisted Supination and Pronation  
Internal and External Rotation  
Standing forward punch  
Seated rows  
Shoulder Shrugs  
Bear Hugs

**WEIGHT TRAINING**

Week 8 and beyond

Keep hands within eyesight, keep elbows bent  
Minimize overhead activities  
No Military press, pull down behind head, or wide grip bench

**RETURN TO ACTIVITIES**

Computer	4 weeks
Golf	8 weeks
Tennis	12 weeks