

**Shoulder Subpec Biceps Tenodesis  
Dr. Souster**

#of weeks post op	ROM	Precautions	Exercise type
0-2	Limited IR and Ext	<ul style="list-style-type: none"> <li>- No isolated biceps contractions</li> <li>- No hand behind back stretching</li> </ul>	<ul style="list-style-type: none"> <li>- Passive shoulder ROM in all planes except for shoulder extension and hand behind back motions</li> <li>- pec minor and major stretching</li> </ul>
3-6	Limited IR and ext	<ul style="list-style-type: none"> <li>- No isolated biceps contractions</li> <li>- No hand behind back stretching</li> </ul>	<ul style="list-style-type: none"> <li>- PROM and begin gentle AAROM</li> <li>-D/C sling at 4 weeks</li> <li>- Begin light AROM towards shoulder extension</li> <li>- begin sub-maximal exercises for shoulder musculature ( no isolated biceps activation)</li> <li>- begin PNF scapular patterns</li> <li>- continue w/ pec minor and major stretching</li> </ul>
6-12	WFL	<ul style="list-style-type: none"> <li>- no isolated biceps exercises against resistance (i.e. Biceps curls, forearm supination)</li> </ul>	<ul style="list-style-type: none"> <li>-Begin full AROM</li> <li>- Progress shoulder ROM as tolerated into in all planes</li> <li>- progress rotator cuff and para-scapular muscle strength and endurance exercises (biceps loading precautions)</li> <li>- continue w/ PNF scapular patterns</li> <li>- begin PNF full shoulder patterns without loading the biceps tendon</li> <li>- continue w/ pec minor and major stretching</li> </ul>
12-24	WFL	<ul style="list-style-type: none"> <li>- Light and gentle progression of biceps loading exercises</li> </ul>	<ul style="list-style-type: none"> <li>-May begin biceps loading exercises</li> <li>-Initiate throwers ten program (slow progression with biceps loading exercises)</li> <li>- continue with PNF patterns</li> <li>- 15 weeks begin more aggressive strengthening</li> <li>- 15 weeks begin upper extremity plyometric exercises</li> <li>- begin sports specific exercises at week 16 with gradual progression to full speed by week 24 (i.e. interval throwing</li> </ul>

			program, interval golf program etc.)
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