

## TJ Ridley, MD

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### Arthroscopic Shoulder Debridement + Bicep Tenodesis Rehab Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>Pain free range of motion</li> <li>Protect biceps tenodesis</li> </ul>	<ul style="list-style-type: none"> <li>Sling as needed for comfort               <ul style="list-style-type: none"> <li>Use to support elbow at 90 to protect the biceps while upright</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Full P/AROM as tolerated without pain</li> <li>Full active hand, wrist, elbow ROM</li> <li>No lifting &gt;5lbs</li> </ul>	<ul style="list-style-type: none"> <li>Codman exercises at least 4 times a day x 5-10 mins in sling</li> <li>Scapular retraction, supine ER, supine passive elevation, shoulder shrugs</li> <li><b>No resisted elbow flexion or supination for 6 weeks</b></li> </ul>
<b>Phase 2 (week 3-6)</b> Goals: <ul style="list-style-type: none"> <li>Full, painless ROM</li> </ul>	<ul style="list-style-type: none"> <li>Wean from sling as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>Full P/AROM shoulder, elbow, wrist hand</li> </ul>	<ul style="list-style-type: none"> <li>Resume above</li> <li>Start gentle isometric and isotonic exercises</li> <li>Focus on shoulder and scapulothoracic strengthening and endurance</li> <li><b>No resisted elbow flexion or supination for 6 weeks</b></li> </ul>
<b>Phase 3 (week 7-12)</b> Goals: <ul style="list-style-type: none"> <li>No pain with resisted elbow flexion</li> </ul>	<ul style="list-style-type: none"> <li>None needed</li> </ul>	<ul style="list-style-type: none"> <li>Full</li> <li>Biceps lifting restrictions               <ul style="list-style-type: none"> <li>Week 7-8: 5lbs</li> <li>Week 9-10: 10lbs</li> <li>Week 11-12: 25lbs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Begin resisted elbow flexion exercises.</li> <li>Continue isometric exercises</li> <li>Progress theraband exercises to 90/90 position for internal rotation and external rotation (slow/fast sets)</li> <li>Gradual return to strenuous work and recreational sport activities               <ul style="list-style-type: none"> <li>Clearance by Dr. Ridley prior to full return, typically 12 weeks</li> </ul> </li> </ul>

<p><b>Phase 4 (week 13+)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Return to sport/work</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Full</li> <li>• No lifting restriction <ul style="list-style-type: none"> <li>○ Controlled and pain-free advancement of lifting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Progress biceps strengthening</li> <li>• Progress rotator cuff strengthening while maintaining scapulothoracic control</li> <li>• Progress overhead lifting</li> <li>• Work hardening and maintenance</li> <li>• Sport specific drills and exercises</li> <li>• Injury prevention</li> <li>• Begin throwing progression program</li> </ul>
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**CRITERIA FOR RETURN TO FULL ACTIVITY:**

Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

**PRECAUTIONS:**

None