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Arthroscopic Shoulder Debridement + Bicep Tenodesis Rehab Protocol

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

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

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

PRECAUTIONS:

None