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Rehabilitation Instructions Arthroscopic SLAP Repair/Bicep Tenodesis

Immobilizer: Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4-6 weeks unless told otherwise by your physician. **No** pendulums and no biceps curls/contractions for first 6 weeks to allow biceps anchor to heal with minimal stress to repair.

Phase I (0-3 weeks):

Range Of Motion (Passive ROM):

- Forward Flexion 0-90
- Supine External Rotation 0-40
- Internal Rotation - to belt line

Strengthening Exercise:

- Gentle elbow ROM
- Wrist/hand ROM

Phase II (3-6 weeks):

ROM:

- Full ROM by wk 6

Strengthening Exercises:

- Scapular strengthening; shrugs, punches, seated rows, bear hugs
- IR/ER isometrics

Phase III (6-12 weeks):

Strengthening Exercises:

- Minimize overhead activities
- No push-ups, military press, pull downs behind head, or wide grip bench
- Advance theraband exercises to use of weights
- Begin isokinetics for IR/ER starting in modified neutral position, slowly progress to 90/90 position in scapular plane

Phase III (12 weeks-6 months):

Strengthening Exercises:

- Begin functional progression to work/sport
- Return to sport or previous activity level after 6 months (MD directed)

Return to Activities:

- Computer 1 week
- Golf 4 months
- Tennis 5 months
- Contact Sports 4-6 months
- Throwing 4-6 months