

UE Protocol Exceptions

Surgical

Bicep Tenodesis

- ROM/Strengthening of the shoulder as tolerated
 - Begin with PROM, progress to AAROM, and AROM, as tolerated
- For 8 weeks, only active elbow flexion
- After 8 weeks, gradually progress resistance as tolerated
- After 10 weeks, may return to overhead work/sports IF:
 - Cleared by surgeon
 - No pain
 - Good ROM and strength
 - Compliant with HEP

Posterior Bankart Repair

- Follow anterior stabilization protocol
 - ER limited only if anterior stabilization is performed
- For 3-4 weeks, no IR past 0 degrees
- After 4 weeks, progress IR as tolerated:

Subscapularis Repair

Same precautions and limitations apply for repair with TSA, RCR, or other shoulder surgical intervention

- Phase I (1-5 days post-op): No ER
 - Initiate elbow and wrist ROM and grip strengthening
 - Wear sling continuously unless in therapy or doing HEP
- Phase II (5 days – 4 weeks post-op)
 - Wear sling continuously unless in therapy or doing HEP
 - PROM:
 - Gradually progress AAROM ER to 40 degrees
 - No active IR or EXT
 - No passive ER
 - May begin posterior capsule mobilizations
 - Flexion limited to 90 degrees
 - Extension limited to 20 degrees
 - Exercises:

- Pendulums
 - Scapular retraction
- Phase III (4-10 weeks post-op)
 - D/C sling at 6 weeks post-op
 - ROM:
 - By 6 weeks, progress active ER to 60 degrees
 - At 6 weeks, begin active IR and extension
 - At 6 weeks, begin AAROM and progress to AROM as tolerated
 - Exercises:
 - At 8 weeks, add resistance for scapular stabilizers, biceps, triceps, and rotator cuff
- Phase IV (10+ weeks post-op)
 - No limitation for ER ROM
 - Begin resisted IR strengthening

Subscapularis Debridement

- No limitations

Adapted From:

- 1) Wilk KE, Reinold MM, Andrews, JR. Arthroscopic Posterior Bankart Repair. Winchester MA: Advanced Continuing Education Institute, 2004.
- 2) Briancolemd.com
- 3) Hanyelrashidymd.com
- 4) Brigham and Women's Biceps Tenodesis Protocol