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**SLAP and Biceps Tenodesis**  
**PHYSIOTHERAPY PROTOCOL AFTER LHB TENODESIS**  
**PROCEDURES (including subpectoral tenodesis and biceps transfers)**

**1<sup>st</sup> 6 weeks after surgery**

Precautions	<ul style="list-style-type: none"> <li>• Sling immobilization required for soft tissue healing- 3 weeks</li> <li>• Hypersensitivity in axillary nerve distribution is a common occurrence</li> <li>• No bicep tension for 6 weeks to protect repaired tissues—this includes avoiding long lever arm flexion range of motion and no resisted forearm supination, elbow flexion or shoulder flexion</li> <li>• Limit external rotation to 40° for the first 4 weeks</li> <li>• No extension or horizontal extension past body for 4 weeks</li> </ul>
Range of Motion (ROM)  Exercises  (Please do not exceed the ROM specified for each exercise and time period)	<ul style="list-style-type: none"> <li>• Gentle active and active assistive range of motion for the elbow and wrist</li> <li>• Pain free, gentle passive range of motion for shoulder flexion, abduction, internal rotation and external rotation to neutral</li> </ul>
Suggested Therapeutic Exercise	<ul style="list-style-type: none"> <li>• Begin week 3 with sub-maximal shoulder isometrics for internal rotation; external rotation; abduction; and adduction</li> <li>• Hand gripping</li> <li>• Cervical spine and scapular active range of motion</li> <li>• Desensitization techniques for axillary nerve distribution</li> </ul>
Cardiovascular Fitness	<ul style="list-style-type: none"> <li>• Walking, stationary bike—sling on.</li> <li>• No treadmill or swimming</li> <li>• Avoid running and jumping due to the distractive forces that can occur at landing</li> </ul>

## 6-8 Weeks from surgery

Appointments • Rehabilitation appointments are 1 time a week for 1 to 2 weeks  
Goals • Full active range of motion

- Full rotator cuff strength in a neutral position

Precautions	<ul style="list-style-type: none"><li>• Begin bicep progressive resistive exercises very gradually—this includes avoiding long lever arm flexion range of motion and avoiding resisted forearm supination, elbow flexion or shoulder flexion</li><li>• No passive range of motion for abduction and external rotation or extension</li></ul>
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- Rehabilitation appointments are 1 to 2 times per week

ROM Exercises  (Please do not exceed the ROM specified for each exercise and time period)	<ul style="list-style-type: none"><li>• Shoulder active range of motion</li><li>• Shoulder passive range of motion for flexion or abduction if needed</li></ul>
Suggested Therapeutic Exercise	<ul style="list-style-type: none"><li>• Scapular squeezes</li><li>• Internal and external rotation in neutral with Theraband resistance— make sure patient is not supinating with external rotation movement</li><li>• Ball squeezes</li></ul>

Cardiovascular Fitness • Walking and/or stationary bike without using arms (No Airdyne) • No treadmill, swimming or running

**Prof M Imam**

Consultant Orthopaedic Surgeon