

Upper Extremity Exceptions

Bicep Tenodesis:

- Active Elbow Flexion only until 8 weeks.
- Gradually progress resistance as tolerated after 8 weeks.

Posterior Bankart Repair:

- Follow Anterior stabilization protocol. ER limited only if anterior stabilization performed.
- No IR past 0 degrees for the first 3-4 weeks.
- Progress IR as tolerated after 4 weeks.

Subscapularis Repair:

- Same precautions and limitations apply for repair with TSA, RCR or other shoulder surgical intervention.
- Phase I (s/p 1-5 days): No ER.
- Phase II (s/p 5 days to 4 weeks): Gradually progress ER to 40 degrees AAROM, No Active IR or Passive ER. No Active extension.
- Phase III (s/p 4 weeks to 10 weeks): Active ER may progress to 60 degrees by 6 weeks. Begin Active IR and extension at 6 weeks.
- Phase IV (s/p 10 weeks +): No limitation for ER range of motion. Begin resisted IR strengthening.

Subscapularis Debridement:

No Limitations.

1) Wilk KE, Reinold MM, Andrews, JR. Arthroscopic Posterior Bankart Repair. Winchester MA: Advanced Continuing Education Institute, 2004.