

Dr. Stephanie Muh Protocol		
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SLAP/Biceps Tenodesis		
Sling Use	• Sling 4 weeks comfort only (out of sling completely 6 weeks)	
Phase I: (Passive)	Weeks 1-2	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive ROM • Supine ER – 5-10 • Supine FF – 60 • IR at 20 abduction – 45
	Weeks 3-4	<ul style="list-style-type: none"> • Pendulums • PROM FF – Full • PROM ER at 20 abduction – Full • PROM IR at 20 abduction – Full
Phase II: (active/assistive)	Week 5-6	<ul style="list-style-type: none"> • Pendulums to warm-up • AAROM with terminal stretch • Supine seated ER – full • Supine seated FE – full • Internal rotation - Full
Phase III: (resisted)	Week 6-7	<ul style="list-style-type: none"> • pendulums to warm up and continue with phase 2 • External and Internal rotation • Standing forward punch • Seated rows • Bicep curls • PRE's for periscapular strengthening
Phase IV (strengthening)	8 wks & beyond	<ul style="list-style-type: none"> • Home exercises • Hands within eyesight and elbows bent • Minimize Overhead activities (no military press, pulldown behind head, or wide grip bench) • ***** Very light weights with high reps and advance slowly
Return to activities	Immediately – computer, eating, holding a book at waist, typing, writing 8 weeks - golf 10 weeks – tennis 4 months – contact sports, throwing	