

Bicep Tenodesis Protocol

Name _____ Date _____

Procedure _____

Procedure Date _____

Frequency 1 2 3 4 5 times/week Duration 1 2 3 4 5 6 weeks

Weeks 1-6:

- Sling for first 4 weeks
- Ace wrap bicep for 2 weeks (in cases with severe swelling); HEP 2-3 x daily
- Posturing; PROM only for 4 weeks then → AAROM → AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- Encourage pronation/supination without resistance
- Grip strengthening
- Maintain shoulder motion by progressing PROM → AROM without restrictions (protect bicep repair)
- ROM goals: Full passive flexion and extension at elbow; full shoulder AROM
- At 4 weeks: Begin isometric shoulder exercises

***No resisted motions with elbow until 6 weeks post-op

- Heat before PT sessions; other physical modalities per PT discretion
- Perform desensitization of the scar and massage the biceps, if hypersensitivity occurs contact MD for possible prescription of topical medication

Weeks 6-12:

- Begin AROM and progress as tolerated for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- At 6 weeks, begin light isometrics for elbow
- Progress shoulder strength to therabands and scapular strengthening

Months 3-12:

- Begin UE ergometer
- At 12 weeks: begin eccentrically resisted motions, 90/90 strengthening; plyometrics (ex-weighted ball toss), proprioception (ex- body blade), and closed chain exercises
- Begin sports related rehab at 3 months, including advanced conditioning

- Return to throwing and begin swimming at 3 months
- Throw from pitcher's mound at 4 ½ months with MD approval
- Collision sports at 6 months
- MMI is usually at 6 months

Comments:

Teach HEP _____

Modalities PRN

Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.

Signature _____ **Date** _____