

Physical Therapy Protocol: Biceps Tenodesis

1-4 weeks post op: Recovery / Recuperation Phase

- Sling, especially at night while sleeping
- NO ACTIVE resistive BICEPS exercises weeks 1-6
- Elbow A/AAROM: flexion (no resistance) and extension
- Anti-Inflammatory Modalities PRN.
- Wrist and gripping exercises, codman's, pendulums, pulleys, cane assistive ROM
- Triceps isotonic
- Scapular stabilization exercises
- Cardiovascular training as tolerated
- Posterior capsular stretch after warm-up
- Active and active assist ROM of shoulder
- Special: _____

4-10 weeks post op

- Discontinue sling as tolerated
- Begin upper extremity Progressive resistance exercises
- Continue scapular stabilization / strengthening exercises
- IR ./ ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's (at week 6)
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6
- Plyometrics

10-16 weeks post op

- Trunk exercises for sports specific activities (tennis, golf, skiing etc)
- Aggressive upper extremity PREs
- Plyometrics: continue and advance
- Progress PREs from side for overhead athletes
- Return to sports when cleared by physician (typically at 12 weeks)

- Send Progress notes