

Post-operative Rehabilitation Protocol

Biceps Tenodesis

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy should begin 5-7 days after surgery - You will be wearing sling full time for about 2 weeks - No resisted elbow flexion or forearm supination until 8 weeks - If concomitant rotator cuff repair performed, please follow rotator cuff protocol - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Protection Phase <i>Weeks 0 - 2</i>	Elbow: PROM, AAROM, AROM as tolerated without resistance Shoulder: PROM, AAROM, AROM as tolerated	Sling w/ abduction pillow, except for hygiene	<u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Pendulum and grip strengthening. No resistance exercises
Therapy Phase 1 <i>Weeks 2 - 8</i>	Increase as tolerated to full AROM	D/C sling as comfortable 5 lb lifting restriction	<u>Exercises</u> : Begin deltoid/cuff isometrics with arm at side. No active biceps strengthening until 8 weeks. <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 8 - 12</i>	Advance to full, painless ROM	None 10-15 lb lifting restriction	<u>Exercises</u> : Progress Phase 1 exercises. Begin eccentrically resisted motion and closed chain activities. <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 3 <i>Weeks 12+ Return to Sport</i>	Full Painless ROM	None	<u>Exercises</u> : Plyometrics (e.g. weighted ball toss), Sports-specific training