

Biceps Tenodesis Protocol

	Phase I: weeks 1-4	Phase II: 5-12 weeks	Phase III: 12+ weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> Non-weight-bearing Sling immobilizer with pillow <u>at all times</u> except for PT/HEP exercises or for hygiene 	<ul style="list-style-type: none"> Discontinue sling May begin light weight-bearing for ADLs within guidelines below 	<ul style="list-style-type: none"> WBAT
Aerobic	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Stationary bike Begin walk-jog-run progression 	<ul style="list-style-type: none"> May begin swimming
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> Elbow ROM: Progress PROM to AAROM to AROM as tolerated with no resistance. Encourage pronation and supination without resistance Shoulder ROM: maintain ROM by progressing from PROM to AROM without restriction No resisted motions Grip strengthening Maintain hand/wrist ROM 	<ul style="list-style-type: none"> Continue to advance from Phase I exercises Increase AROM in all planes (may provide passive stretch/assist at end-ranges of AROM) At 6 weeks, may begin scapular strengthening At 6 weeks, with arm at side, begin light isometric exercises for rotator cuff, scapular stabilizers, and deltoid (advance to bands as tolerated) 	<ul style="list-style-type: none"> Continue to advance from Phase II exercises Advance strengthening as tolerated from isometrics to bands to weights Upper extremity ergometer Perform strengthening exercises no more than 3 days per week Begin eccentrically resisted motions, plyometrics, proprioception, and closed-chain exercises Begin sports-related rehabilitation and advanced conditioning May begin throwing program but no throwing from mound until 4.5 months No contact/collision sports until 6 months
Other	<ul style="list-style-type: none"> Heat before and/or ice after PT sessions as needed Modalities as needed to reduce swelling and for muscle re-education Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> Pain control Protection of tissue healing Minimize joint stiffness Full passive elbow flexion and extension Full shoulder AROM 	<ul style="list-style-type: none"> Advance ROM Begin strengthening 	<ul style="list-style-type: none"> Restore full and symmetric ROM Advance strengthening Begin plyometrics and proprioception Advance sport-specific activity