

BICEPS TENODESIS
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-4	<ul style="list-style-type: none"> • Sling for first 4 weeks • PROM→AAROM of the elbow without resistance (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 • ROM goals: full passive flexion and extension at elbow; full shoulder AROM • No resisted motions until 4 weeks post-op
Weeks 5-12	<ul style="list-style-type: none"> • D/c sling • Begin AROM 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 with arm at side for rotator cuff and deltoid; can advance to bands as tolerated • At 6 weeks, begin scapular strengthening
Months 3-12	<ul style="list-style-type: none"> • Only do strengthening 3x/week to avoid rotator cuff tendinitis • Begin UE ergometer • Begin eccentrically resisted motions, plyometrics (e.g. weighted ball toss), proprioception (e.g. body blade), and closed chain exercises at 12 weeks • Begin sports-specific rehab at 3 months, including advanced conditioning • Return to throwing and begin swimming at 3 months • Throw from pitchers mound at 4.5 months • Collision sports at 6 months