



## Biceps Tenodesis Rehabilitation Protocol

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**Diagnosis:** Right / Left Biceps Tenodesis \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### **Weeks 0-4 (Phase I):**

- Sling for first 4 weeks
- PROM → AAROM → AROM of elbow without resistance. This gives the 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 elbow motions until 6 weeks post-op
- Heat before PT sessions, other modalities per PT discretion

### **Weeks 4-12 (Phase II):**

- D/C sling after 4 weeks
- Begin AROM for elbow in all directions at 6 weeks 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 may begin scapular strengthening

### **Months 3-12 (Phase III):**

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade) and closed chain exercises at 12 weeks
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing and swimming at 3 months
- Throw from pitcher's mound at 4.5 months
- Collision sports at 6 months
- MMI is usually at 6 months post-op