

Biceps Tenodesis Postoperative Rehabilitation Protocol

Date of Surgery: _____

Postop	Precautions	Exercises
Weeks 0-4 PT 2x/week HEP daily	No active elbow flexion / biceps contraction Sling at all times except during exercise	<ul style="list-style-type: none"> Pendulum exercises & Codman's within controlled arc below 110° Passive supine forward elevation in plane of scapula Passive supine E.R. Passive elbow motion Wrist and gripping exercises; Deltoid isometrics; Modalities PRN
Weeks 4-6 PT 2x/week HEP daily	D/C sling at 6 weeks	<ul style="list-style-type: none"> Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks Pool exercises (if accessible): Gentle shoulder AAROM forward elevation, abduction, extension, horizontal adduction; elbow flexion and extension Continue wrist and gripping exercises Deltoid isometrics Modalities PRN Begin lower extremity and trunk strengthening
Weeks 6-12 PT 2x/week HEP daily	Utilize exercise arcs that protect anterior capsule from stress during PRE's	<ul style="list-style-type: none"> 6-10 weeks: Gradual A/AA/PROM to improve ER with arm at side, progress flexion 10-12 weeks: A/AA/PROM to improve ER with arm in 45° abduction. Pool exercises (if accessible): AROM all directions below horizontal, light resisted motions in all planes. AAROM activities to restore flexion, IR, horizontal adduction Deltoid, Rotator Cuff isometrics progressing to isotonic PRE's for scapular muscles, latissimus, biceps, triceps PRE's work rotators in isolation (use modified neutral) Joint mobilization (posterior glides) Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics Keep all strength exercises below the horizontal plane in this phase
Weeks 12-d PT 1-2x/week HEP daily	None	<ul style="list-style-type: none"> Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm Aggressive scapular stabilization and eccentric strengthening program PRE's for all upper extremity musculature (begin to integrate upper extremity patterns) Continue to emphasize eccentrics and glenohumeral stabilization All PRE's are below horizontal plane for non-throwers. Begin isokinetics & muscle endurance activities (UBE) Continue with agility exercises & advance functional exercises; Full return to sporting activities