BICEPS TENODESIS PHYSICAL THERAPY PROTOCOL

Name______________________________________________________ Date_____________

Diagnosis  s/p RIGHT/LEFT  Biceps Tenodesis  Subacromial Decompression  Acromioplasty

Date of Surgery_________________________

Frequency: __________times/week  
Duration: ___________ Weeks 

______Weeks 1-4:
Sling for first 4 weeks
PROM→AAROM→AROM of elbow without resistance. This 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
Heat before PT sessions; other physical modalities per PT discretion

______Weeks 4-12:
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 w/ arm at side for cuff and deltoid; can advance to bands as tolerated
At 6 weeks, begin scapular strengthening

______Months 3-12:
Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin UE ergometer
Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
Begin sports related rehab at 3 months, including advanced conditioning
Return to throwing and begin swimming at 3 months,
Throw from pitcher’s mound at 4 months
Collision sports at 6 months
MMI is usually at 6 months

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities
___Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis ___ Heat before
___Ice after ___Trigger points massage ___ TENS ___ Therapist’s discretion

Signature__________________________________________ Date__________________