



GOLDEN STATE ORTHOPEDICS & SPINE

Rehabilitation Protocol: Biceps Tenodesis

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-4)

- Sling immobilization to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion -PROM → AAROM → AROM of elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed), AROM of shoulder (no restriction)
 - Goals: full passive flexion/extension at elbow and full shoulder AROM
 - Encourage pronation/supination without resistance
 - Grip strengthening
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-12)

- Discontinue sling immobilization
- Range of Motion
 - Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility
- Therapeutic Exercise
 - Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
 - Begin light resistive biceps strengthening at **8 weeks**
- Modalities per PT discretion

Phase III (Months 3-6)

- Range of Motion – Progress to full AROM of elbow without discomfort
- Therapeutic Exercise
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
 - Begin sport-specific rehabilitation
 - Return to throwing at 3 months
 - Throwing from a mound at 4.5 months
 - Return to sports at 6 months if approved
- Modalities per PT discretion

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____