



# **GOLDEN STATE ORTHOPEDICS & SPINE**

## **BICEPS TENODESIS PROTOCOL**

- **Primary goal of PT: Protect site of biceps re-attachment**
- **Work within rehab of associated procedure (i.e rotator cuff repair)**

### **OVERVIEW**

- **Sling x 4 weeks** – Progress from early PROM to full ROM by 6 weeks
- No Active elbow flexion or supination for 4 weeks
- Unrestricted motion and early strengthening by 6 weeks
- No resisted elbow flexion until 8 weeks

### **PHASE 1: Weeks 0-4 (Protection)**

- Sling at all times for 4 weeks (when with PT, when showering)
- Soft tissue modalities, edema and inflammation control
- No biceps tension x 4 weeks to protect tenodesis site

### **PRECAUTIONS**

- No ACTIVE elbow flexion/supination x 4 weeks
- No biceps strengthening or resistance until Week 8
- Avoid terminal 5°-10° of extension x 4 weeks
- No shoulder extension, limit ER PROM to 45° for 4 weeks
- No shoulder AROM, lifting or supporting of weight with hand x 4 weeks

### **EXERCISES**

- Gentle AROM and AAROM of hand, wrist and elbow
- Pendulums and Codman's (with elbow bent)
- Pain free PROM with shoulder flexion, abduction, IR and ER to neutral
- Goal: Full shoulder flexion PROM by Week 4
- At Week 3: Begin sub-max shoulder isometrics - IR/ER, abduction & adduction
- Wrist Strength, Hand gripping, AROM Cervical spine and scapula
- Ok to do stationary bike, walk with sling on
- No swimming, running or jumping

### **PHASE 2: Weeks 5-8 (Motion and Early Strengthening )**

- Discontinue sling
- Mobilization of scapula and glenohumeral joint (posterior capsular stretching)
- Progressive PROM and AROM as tolerated

### **PRECAUTIONS**

- No biceps strengthening or resistance until Week 8
- No running or swimming until after Week 8



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## BICEPS TENODESIS PROTOCOL

### EXERCISES

- Begin gentle shoulder strengthening with T-Bands
- Focus on IR (subscap), ER (infraspinatus) with arm in NEUTRAL
- Avoid biceps recruitment until Week 8
- Closed chain exercises for scapular stabilization (scapular squeezes) & rotator cuff

### **PHASE 3: Week 8 and After** (Advanced Strengthening)

- Continue prior exercises and stretching as noted above
- Ensure full AROM in all planes with normal scapulohumeral motion
- Posterior glides for any residual posterior capsular tightness
- Ok to begin walking, biking, stairmaster and running (NO SWIMMING)
- Advance strengthening for shoulder, ok to add light weight
- Begin gentle biceps resistance exercises – Start with 1 lb and gradually increase
- Focus on light weight/high rep (Max 8-10 lbs) for Weeks 8-10
- Work on both elbow flexion and supination
- Advance biceps strengthening without limit after Week 10
- Stress postural awareness
- May initiate light upper extremity weight training with machines.
- Progress as tolerated at Week 11, avoid free weights until after Week 11-12
- Sport-specific training and/or work hardening at Week 12