

Rehabilitation Protocol: Biceps Tenodesis

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)
 - o Goals: full passive flexion/extension at elbow and full shoulder AROM
 - o Encourage pronation/supination without resistance
 - o Grip strengthening
- Heat/Ice before and after PT sessions

Phase II (Weeks 4-12)

- Discontinue sling immobilization
- Range of Motion
 - o Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility.
- Therapeutic Exercise
 - o Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
 - o 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
 - o Continue and progress with Phase II exercises
 - o Begin UE ergometer
 - o Begin sport-specific rehabilitation
 - o Return to throwing at 3 months
 - o Throwing from a mound at 4.5 months
 - o Return to sports at 6 months if approved
- Modalities per PT discretion