



PO Biceps Tenodesis

Special Instructions: PO Biceps Tenodesis and Decompression

There are no specific time guidelines to progress the patient through each phase. However, it is important to review the Phase duration guidelines proposed and not progress the patient too quickly. The therapist must take into consideration the individual patient's healing rate, extent of surgery; subjective and objective findings before advancing to the next phase.

For Throwing Athletes: Throwing should only begin when full pain free ROM and full strength is achieved.

**** NO strengthening prior to 12 weeks post op****

Phase I: (0-6 weeks)

Goals:

- Protect surgery
- Decrease pain
- Decrease inflammation
- Patient education
- HEP

Plan:

- Ultra Sling: 0-4 weeks
- Pendulum/cane – begin at 3 weeks
- Pulley – begin at 3 weeks
- Cervical spine stretches
- Scapular mobilization and strengthening – as soon as possible
- PROM – begin at 2 weeks
- May have full PROM
- Aquatic physical therapy
- Isometrics
- Modalities

*****Avoid biceps work*****

Phase II: (4-6 weeks)

Goals:

- Control pain
- Control inflammation
- Improve functional ROM
- Increase strength
- HEP

Plan:

- Modalities
- Continued scapular and glenohumeral mobilization
- Advance scapular and rotator cuff strengthening with light Theraband and PRE's UBE
- Advance pool exercises

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks