
BICEPS TENODESIS PROTOCOL

DR. ELRASHIDY – WEBSTER ORTHOPEDICS

- ◆ **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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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

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