

Biceps Tenodesis Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 1-4:

- » Sling for first 4 weeks
- » PROM → AAROM → AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- » Encourage pronation/supination without resistance
- » Grip strengthening
- » PROM → AROM without resistance
- » ROM goals: Full passive flexion and extension at elbow; full shoulder
- » No resisted movements until after 4 weeks post-op
- » Full active shoulder ROM within 2-4 weeks
- » Heat before PT sessions; ice after. Physical modalities per PT discretion

Weeks 4-12:

- » D/C sling
- » Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- » At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- » At 6 weeks, begin scapular strengthening

Months 3-12:

- » Only do strengthening 2-3x/week to avoid rotator cuff tendonitis
- » Begin eccentrically resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade), and closed chain exercises at 12 weeks
- » Begin sports related rehab at 3 months, including advanced conditioning if surgical site is pain free
- » Return to throwing and begin swimming at 3 months
- » Throw from pitcher's mound at 4 months
- » Collision sports at 6 months
- » MMI is usually at 6 months

Additional:

- ☐ Teach HEP ☐ Work Hardening/Work Conditioning ☐ Functional Capacity Evaluation

Modalities:

- ☐ Ice or cryotherapy before/after ☐ Heat before/after ☐ Electric Stimulation ☐ TENS ☐ Ultrasound
- ☐ Trigger points massage ☐ Dry needling ☐ Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. ➔

