
Biceps Tenodesis Rehab Protocol

POST OPERATIVE MANAGEMENT

- Pain control with ice and anti-inflammatories
- Protect repair in sling x4-6 weeks

Week 1-4:

- Shoulder:
 - PROM
 - Stop at first resistance for external rotation for first 2 weeks
 - No extension past body for first 2 weeks
 - Scapular AROM retraction/protraction, elevation/depression with sling
 - Pendulums with wrist in neutral position
- Elbow:
 - PROM until 14 days post-surgery
 - AAROM flexion/extension with wrist in neutral position starting week 3
 - AAROM supination/pronation starting week 3
 - Avoid end-range elbow extension coupled with pronation for first 2 weeks
- Hand:
 - Gripping exercises
 - AROM

Week 5-9:

- Shoulder:
 - Progress towards full PROM as tolerable
 - AAROM→AROM
 - No shoulder flexion/abduction with elbow fully extended (long lever elevation) until 9 weeks postoperatively
 - Scapular isometrics/rhythmic stabilization at PT
 - Scapular AROM retraction/protraction, elevation/depression without sling
 - Rotator cuff and deltoid isometrics in neutral position
- Elbow:
 - Progress towards full PROM as tolerable
 - AROM flexion/extension with wrist neutral weeks 5-6, with supination weeks 7-9
 - AAROM flexion/extension with wrist supinated weeks 5-6
 - AROM pronation/supination
- Hand:
 - Continue previous exercises as needed

Goals by week 10:

- 1) Full PROM of shoulder and elbow
- 2) Pain free AROM through available ROM

Week 10-16:

- Shoulder:
 - Initiate PRE for RC and peri-scapular muscles
- Elbow:
 - Begin bicep PRE

- High repetition/low velocity/low repetition
- Begin 1 lb, progress 1 lb/week

Week 16-24:

- Functional Training/Sport Specific

Week 24+:

- return to sport

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician