BICEP TENODESIS REHABILITATION PROTOCOL

This protocol was developed for patients who have had a bicep tenodesis. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

**PHASE I: ~1-7 DAYS POSTOPERATIVE**

**GOALS:**
- Pain control
- Protection

**AMBULATION AND BRACE USE:**
Place pillow under shoulder / arm while sleeping for comfort
NO RESISTED Shoulder Abduction/Flexion or Elbow Flexion/Supination x 6 wks.

**EXERCISES:**
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

**PHASE II: ~1-6 WEEKS POSTOPERATIVE**

**GOALS:**
- Full AROM

**AMBULATION AND BRACE USE:**
Continue sling x 6 weeks

**EXERCISES:**
Full pendulum exercises
AROM/AAROM as tolerated (pulleys/wand/wall walks)
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

**PHASE III: ~6-9 WEEKS POSTOPERATIVE**

**PHASE IV: ~9-12 WEEKS POSTOPERATIVE**

**GOALS:**
• Rotator cuff strength WNL
EXERCISES:
Continue appropriate previous exercises with increased resistance
PROM / mobilization as needed to regain full ROM
Seated row weight machine with light weight
Push-up progression – Wall to table
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool therapy – With UE resistance

PHASE V: ~3-4 MONTHS POSTOPERATIVE

GOALS:
• Run 2 miles at easy pace, 30 chair push-ups

EXERCISES:
Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Weight training with light resistance (no overhead press, pull downs, lateral lifts)
Push-up progression – Table to chair

PHASE VI: ~4-6 MONTHS POSTOPERATIVE

GOALS:
• Resume all activities

EXERCISES:
Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Gravitron – Pull-ups and dips
Swimming
Running progression to track
Progressive weight training program
Transition to home / gym program

No contact sports until 6 months post-op

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.