



Biceps Tenodesis

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/ week HEP daily	Protect surgical repair Avoid active biceps until 4 weeks	PROM as tolerated No active elbow flexion	Sling at all times including sleep Remove for hygiene & exercises D/c sling at 6 weeks	0-2 weeks: wrist/hand ROM; pendulums; wall stretch 2-4 weeks: add grip strengthening; pulleys/canes; closed chain scapula Deltoid & cuff isometrics Begin scapular protraction/ retraction Avoid active biceps until 4 weeks
Phase II Weeks 4-8 PT 2-3x/ week HEP daily	Protect surgical repair	Increase as tolerated to full ROM	Sling except shower & exercises D/c sling at 6 weeks	Advance isometrics with arm at side for rotator cuff and deltoid Advance to therabands and dumbbells as tolerated; capsular stretching at end-ROM to maintain flexibility
Phase III Weeks 8-12 PT 2-3x/ week HEP daily	Protect surgical repair	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- DISTAL CLAVICLE EXCISION:** Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°.