

Rehabilitation Protocol: Biceps Tenodesis

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Phase I (Weeks 0-4)

- Sling immobilization to be worn at all times except for showering and rehab under guidance of PT
- **Range of Motion** -PROM -> AROM -> AROM of elbow as tolerated without resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed). AROM of shoulder (no restriction)
 - Goals: full passive flexion/extension at elbow and full shoulder AROM
- **Therapeutic Exercise**
 - Encourage pronation/supination without resistance
 - Grip strengthening
 - Heat/Ice before and after PT sessions

Phase II (Weeks 4-12)

- Discontinue sling immobilization
- **Range of Motion**
 - Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility
- **Therapeutic Exercise**
 - Begin light isometrics with arm at side for rotator cuff and deltoid - can advance to bands as tolerated
 - Begin light resistive biceps strengthening at 8 weeks
 - Modalities per PT discretion

Phase III (Months 3-6)

- Range of Motion - Progress to full AROM of elbow without discomfort
- Therapeutic Exercise
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
 - Begin sport-specific rehabilitation
 - Return to throwing at 3 months
 - Throwing from a mound at 4.5 months
 - Return to sports at 6 months if approved
 - Modalities per PT discretion