



BICEPS TENODESIS

Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Shoulder Biceps Tenodesis

***Associated osseous procedure (circled if applicable):

Distal Clavicle Resection: If this was done, avoid cross-body adduction x 8 weeks.

Acromioplasty: If this was done, avoid shoulder abduction x 6 weeks.

____ Evaluate and Treat

____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

____ **Phase I (0-4 weeks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Avoid resisted elbow motions until 4 weeks.*

• Weeks 0-1: No formal PT.

Sling at all times (except for hygiene and pendulums).

Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

• Weeks 1-4: Begin formal PT (2-3 x/week).

Sling at all times (except for hygiene and PT).

ROM:

• **Shoulder:** PROM → AAROM → AROM as tolerated, without restrictions (*unless acromioplasty and/or distal clavicle resections (see above).*)

▪ Goals: full AROM if possible.

• **Elbow:** PROM → AAROM → AROM (*flex/ext/sup/pron*) as tolerated (*but NO resistance*).

▪ Goals: full passive ROM (*flex/ext*).

• Heat before, Ice after. Modalities as per PT discretion.

Strengthening: NO RESISTED ELBOW MOTIONS UNTIL >4 WEEKS POST-OP

• Grip strengthening OK.

_____ **Phase II (4-12 weeks): Advance motion out of the sling and begin maintenance strengthening.**

D/C sling if cleared by MD

ROM: Advance AROM for elbow and shoulder in all directions (*depending on other procedures – see below*), with passive stretching at end ranges.

- If distal clavicle resection done, may begin crossed-chest adduction after 8 weeks; if acromioplasty done, may begin abduction after 6 weeks.
- Goals: full AROM elbow and shoulder by 3 months.

Strengthening (only 3x/week to avoid cuff tendonitis):

- @ 6 weeks, start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

_____ **Phase III (3-12 months): Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.**

ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.

Strengthening/Activities:

- Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5l bs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*).
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*).
 - Sports-related rehab and advanced conditioning.
 - @ 4.5 months, throw from the pitcher's mound.
 - @ 6 months, return to collision sports (hockey, football, etc.).
- **Work:**
 - Can resume heavy labor once full-strength/MMI achieved (usually by 6-12 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____