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BICEPS TENODESIS REHABILITATION PROTOCOL

Phase 1: 0-6 weeks

Range of motion:

1. 0-6 weeks: PROM ok in all planes

Immobilizer:

1. 0-6 weeks: At all times except for hygiene and exercises
2. Discontinue sling at 6 weeks

Exercises:

1. 0-2 weeks: Wrist/Hand ROM, Pendulums, Wall stretch
2. 2-4 weeks: Grip Strengthening, Pulleys/canes, Closed chain scapula
3. Deltoid and rotator cuff isometrics
4. Scapular protraction/retraction
5. AVOID ACTIVE BICEPS/ELBOW FLEXION x 6 WEEKS

Phase 2: 4-8 weeks

Range of motion:

1. Increase as tolerated to full AROM

Exercises:

2. Advance isometrics with arm at side, rotator cuff, deltoid
3. Therabands and light dumbbells for scapular, deltoid, cuff exercises
4. Capsular stretching
5. Begin Active biceps at 6 weeks

Phase 3: 8-12 weeks

Range of motion

1. Progress to full

Exercises:

2. Advance strength training as tolerated
3. Eccentric exercises
4. Advance to sport as tolerated after 12 weeks