

## BICEPS TENODESIS PHYSICAL THERAPY PROTOCOL/PRESCRIPTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery : \_\_\_\_\_



### Weeks 1-4:

- Sling for first 4 weeks
- PROM, AAROM, AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- Encourage pronation/supination without resistance
- Grip strengthening
- Maintain shoulder motion by progressing PROM→AROM without restrictions
- **ROM goals:** Full passive flexion and extension at elbow; full shoulder AROM
- No resisted motions until 4 weeks post-op
- Heat before PT sessions; other physical modalities per PT discretion



### Weeks 4-12:

- D/C sling
- Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- At 6 weeks begin light isometrics w/ arm at side for cuff and deltoid; can advance to bands as tolerated
- At 6 weeks, begin scapular strengthening



### Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing and begin swimming at 3 months
- Throw from pitcher's mound at 4 months

- Collision sports at 6 months
- MMI is usually at 6 months

**Comments:**

**Frequency:** \_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_