

Biceps Tenodesis Rehabilitation Program

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Diagnosis: Right / Left Biceps Tenodesis _____

Date of Surgery: _____

Weeks 0-3 (Phase I):

- Sling for first 3-4 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 elbow motions until 6 weeks post-op
- Heat before PT sessions; other physical modalities per PT discretion

Weeks 3-12 (Phase II):

- D/C sling at 3-4 weeks
- Begin AROM for elbow in all directions at 6 weeks with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- At 6 weeks, begin scapular strengthening

Months 3-12 (Phase III):

- 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 ½ months
- Collision sports at 6 months
- MMI is usually at 6 months

For more information please visit: www.NuelleSportsMD.com