

## Post-operative Rehabilitation Protocol

### Biceps Tenodesis

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Supervised physical therapy should begin 10-14 days after surgery</li> <li>- You will be wearing sling full time for minimum 4 weeks</li> <li>- No resisted elbow flexion or forearm supination until 8 weeks</li> <li>- If concomitant rotator cuff repair performed, please follow rotator cuff protocol</li> <li>- Contact therapist or physician for questions or concerns</li> </ul>		
	Range of Motion	Immobilizer	Exercises
<b>Protection Phase</b> <i>Weeks 0 - 4</i>	Elbow: PROM, AAROM, AROM as tolerated without resistance Shoulder: PROM, AAROM, AROM as tolerated	Sling w/ abduction pillow at all times, except for hygiene	<u>Ice</u> : 20 minutes on, 20 minutes off every hour  <u>Exercises</u> : Pendulum and grip strengthening. No resistance exercises
<b>Therapy Phase 1</b> <i>Weeks 4 - 8</i>	Increase as tolerated to full AROM	D/C sling as comfortable	<u>Exercises</u> : Begin deltoid/cuff isometrics with arm at side. No active biceps strengthening until 8 weeks. <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
<b>Therapy Phase 2</b> <i>Weeks 8 - 12</i>	Advance to full, painless ROM	None	<u>Exercises</u> : Progress Phase 1 exercises. Begin eccentrically resisted motion and closed chain activities.  <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
<b>Therapy Phase 3</b> <i>Weeks 12+ Return to Sport</i>	Full Painless ROM	None	<u>Exercises</u> : Plyometrics (e.g. weighted ball toss), Sports-specific training