
BICEPS TENODESIS PROTOCOL

DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS

- ♦ **Primary goal of PT: Protect site of biceps re-attachment**
- ♦ **Work within rehab of associated procedures (i.e rotator cuff repair)**

OVERVIEW

- ♦ **Sling x 4 weeks** – Progress from early PROM to full ROM by 6 weeks
- ♦ **No active Elbow Flexion or Supination for 4 weeks**
- ♦ **Unrestricted motion and early strengthening by 6 weeks**
- ♦ **No resisted elbow flexion until 8 weeks**

PHASE I: Weeks 0-4 (Protection Phase)

- ♦ Sling at all times (except when showering & during rehab)
- ♦ Soft tissue modalities, edema and inflammation control
- ♦ No biceps tension x 4 weeks to protect tenodesis site

PRECAUTIONS

- ♦ No **ACTIVE** elbow flexion/supination x 4 weeks
- ♦ No biceps strengthening or resistance until Week 8
- ♦ Avoid terminal 5°-10° of extension x 4 weeks
- ♦ No shoulder extension, limit ER PROM to 45° for 4 weeks
- ♦ No shoulder AROM, lifting or supporting of weight with hand x 4 weeks

Exercises

- ♦ Gentle AROM and AAROM of hand, wrist and elbow
- ♦ Pendulums and Codman's (with elbow bent)
- ♦ Pain free PROM with shoulder flexion, abduction, IR and ER to neutral
 - ♦ **Goal:** Full shoulder flexion PROM by Week 4
- ♦ At Week 3: Begin sub-maximal shoulder isometrics - IR/ER, abduction & adduction
- ♦ Wrist Strength, Hand gripping, AROM Cervical spine and scapula
- ♦ Ok to do stationary bike, walk with sling on
- ♦ No swimming, running or jumping

PHASE II: Weeks 5-8 (Motion and Early Strength Phase)

- ♦ Discontinue sling
- ♦ Mobilization of scapula & glenohumeral joint (posterior capsular stretching)
- ♦ Progressive PROM and AROM as tolerated including elbow flexion

PRECAUTIONS

- ♦ No biceps strengthening or resistance until Week 8
- ♦ No running or swimming until after Week 8

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Exercises

- ♦ Begin gentle shoulder strengthening with T-Bands
 - ♦ Focus on IR (subscap) and ER (infraspinatus) with arm in NEUTRAL
 - ♦ Avoid biceps recruitment until Week 8
- ♦ Closed chain exercises for scapular stabilization (scapular squeezes) & rotator cuff

PHASE III: Weeks 8 and After (Advanced Strengthening Phase)

- ♦ Continue prior exercises and stretching as noted above
- ♦ Ensure full AROM in all planes with normal scapulohumeral motion
- ♦ Posterior glides for any residual posterior capsular tightness
- ♦ Ok to begin walking, biking, stairmaster and running (NO SWIMMING)
- ♦ Advance strengthening for shoulder, ok to add light weight
- ♦ Begin gentle biceps resistance exercises – Start with 1 lb and gradually increase
 - ♦ Focus on light weight/high rep (Max 8-10 lbs) for Weeks 8-10
 - ♦ Work on both elbow flexion and supination
- ♦ Advance biceps strengthening without limit after Week 10
- ♦ Stress postural awareness
- ♦ May initiate light upper extremity weight training with machines.
 - ♦ Progress as tolerated starting at Week 11
 - ♦ Avoid free weights until after Week 11-12
- ♦ Sport-specific training and/or work hardening at Week 12

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