



Biceps Tenodesis Postoperative Rehabilitation Protocol

Date of Surgery: _____

Postop	Precautions	Exercises
Weeks 0-4 PT 2x/week HEP daily	No active elbow flexion / biceps contraction Sling at all times except during exercise	<ul style="list-style-type: none"> • Pendulum exercises & Codman's within controlled arc below 110° • Passive supine forward elevation in plane of scapula • Passive supine E.R. • Passive elbow motion • Wrist and gripping exercises; Deltoid isometrics; Modalities PRN
Weeks 4-6 PT 2x/week HEP daily	D/C sling at 6 weeks	<ul style="list-style-type: none"> • Increase passive supine ROM with goal to achieve full shoulder motion by 8 weeks • Pool exercises (if accessible): Gentle shoulder AAROM forward elevation, abduction, extension, horizontal adduction; elbow flexion and extension • Continue wrist and gripping exercises • Deltoid isometrics • Modalities PRN • Begin lower extremity and trunk strengthening
Weeks 6-12 PT 2x/week HEP daily	Utilize exercise arcs that protect anterior capsule from stress during PRE's	<ul style="list-style-type: none"> • 6-10 weeks: Gradual A/AA/PROM to improve ER with arm at side, progress flexion • 10-12 weeks: A/AA/PROM to improve ER with arm in 45° abduction. • Pool exercises (if accessible): AROM all directions below horizontal, light resisted motions in all planes. • AAROM activities to restore flexion, IR, horizontal adduction • Deltoid, Rotator Cuff isometrics progressing to isotonic • PRE's for scapular muscles, latissimus, biceps, triceps • PRE's work rotators in isolation (use modified neutral) • Joint mobilization (posterior glides) • Emphasize posterior cuff, latissimus, & scapular muscle strengthen, stress eccentrics • Keep all strength exercises below the horizontal plane in this phase
Weeks 12-d PT 1-2x/week HEP daily	None	<ul style="list-style-type: none"> • Continue AROM activities to restore full ROM & normal restore scapulohumeral rhythm • Aggressive scapular stabilization and eccentric strengthening program • PRE's for all upper extremity musculature (begin to integrate upper extremity patterns) • Continue to emphasize eccentrics and glenohumeral stabilization • All PRE's are below horizontal plane for non-throwers. • Begin isokinetics & muscle endurance activities (UBE) • Continue with agility exercises & advance functional exercises; Full return to sporting activities



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