



# REHABILITATION PROTOCOL: BICEPS TENODESIS

DR. KEVIN SHEPET

	RANGE OF MOTION	SLING	EXERCISES
<p><b>PHASE I</b> 0-4 weeks</p>	PROM as tolerated*	<p><b>0-2 weeks:</b> Worn for comfort only</p> <p><b>2-4 weeks:</b> Discontinue</p>	<p><b>0-2 weeks:</b> Wrist/hand ROM, pendulums, wall stretch at home per instruction sheets</p> <p><b>2-4 weeks:</b> Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula</p> <p>Deltoid cuff isometrics</p> <p>*Avoid active biceps until 6 wks</p> <p>Begin scapular protraction/retraction</p>
<p><b>PHASE II</b> 4-8 weeks</p>	Increase as tolerated to full	None	<p>Advance isometrics with arm at side, rotator cuff and deltoid</p> <p>Advance to Therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility</p> <p><b>*Avoid active biceps until 6 wks</b></p>
<p><b>PHASE III</b> 8-12 weeks</p>	Progress to full without discomfort	None	<p>Advance strength training as tolerated</p> <p>Begin eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and full activity as tolerated after 12 weeks</p>

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op