

# Rehabilitation Protocol: Biceps Tenodesis

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## □ Phase I (0-6 weeks):

- Weight Bearing: Non-weight bearing
- Bracing: Sling for Six weeks during day and at night. Can remove abduction pillow at 4 weeks. Can progressively decrease use of sling after 4 weeks.
  - Can remove for home exercises and bathing
  - Wound care if axillary incision used
- Range of motion: Full passive Range of motion
- No active elbow flexion and eccentric loading for 6 weeks
- Therapeutic Exercise:
  - 1-3 weeks:
    - Pendulum exercises with elbow bent – can straighten elbow after 1-2 weeks if tolerated.
    - Codman exercises with elbow bent – can straighten elbow after 1-2 weeks if tolerated.
    - Hand/wrist range of motion, grip strengthening.
    - Closed chain scapular exercises with arm bent.
    - Shoulder shrugs seated with elbow slightly bent.
    - No active elbow flexion for 4 weeks. No resisted elbow flexion for 8 weeks.
    - No active or passive shoulder extension beyond neutral with the elbow extended for 8 weeks.
    - Passive ROM of elbow and shoulder. No Stretching.
  - 3-6 weeks:
    - Table Slides in flexion.
    - Rhythmic stabilization ER/IR with arm supported on a towel roll.
    - Wand exercises supine on towel roll – ER/IR in scapular plane.
    - Submaximal isometrics for shoulder musculature – keep shoulder in scapular plane with towel roll between body and arm flexed to 90 deg. Extension with arm in neutral with elbow even with plane of the body, IR, ER, adduction, abduction
    - Begin AAROM and AROM – start with elbow flexed and progress to elbow straight
    - Wall climbs with elbow supported as needed.

## □ Phase II (6-12 weeks):

- Weight Bearing: Begin light resistive biceps strengthening at 8 weeks.
- Discontinue Sling
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
  - Advance prior exercises as tolerated.

- Obtain painless full range of motion.
- Begin resisted biceps exercise at 8 weeks. Start with 1 lb. and increase resistance by 1 lb. increments.
- Begin slowly adding resistance to shoulder flexion/scaption and abduction as tolerated. Advance to therabands and dumbbells as tolerated.

☐ **Phase III(12-24):**

- Weight Bearing: Begin Weight bearing exercises
- Continue with obtaining active range of motion exercises
- Therapeutic Exercises:
  - Begin UE ergometer
  - Sport specific rehabilitation
  - Return to throwing
  - Return to full activities as tolerated.