

Biceps Tenodesis Rehabilitation Protocol

☐ **Phase I (Weeks 0---4)--Sling**

- Sling immobilization to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion –PROM → AAROM → AROM of elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed), AROM of shoulder (no restriction)
 - Goals: full passive flexion/extension at elbow and full shoulder AROM
 - Encourage pronation/supination without resistance
 - Grip strengthening
- Heat/Ice before and after PT sessions

☐ **Phase II (Weeks 4---12)—Discontinue sling**

- Discontinue sling immobilization
- Range of Motion
 - Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility
- Therapeutic Exercise
 - Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
 - Begin light resistive biceps strengthening at **8 weeks**
- Modalities per PT discretion

☐ **Phase III (Months 3---6)—Begin strengthening**

- Range of Motion – Progress to full AROM of elbow without discomfort
- Therapeutic Exercise
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
 - Begin sport---specific rehabilitation
 - Return to throwing at 3 months
 - Throwing from a mound at 4.5 months
 - Return to sports at 6 months if approved
- Modalities per PT discretion