

University Orthopedics, Inc.

## BICEP TENODESIS REHABILITATION PROTOCOL

This protocol was developed for patients who have had a bicep tenodesis. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

### **PHASE I: ~1-7 DAYS POSTOPERATIVE**

**GOALS:**

- Pain control
- Protection

**AMBULATION AND BRACE USE:**

Place pillow under shoulder / arm while sleeping for comfort  
NO RESISTED Shoulder Abduction/Flexion or Elbow Flexion/Supination x 6 wks.

**EXERCISES:**

Hand squeezing exercises  
Elbow and wrist active motion (AROM) with shoulder in neutral position at side  
Supported pendulum exercises  
Shoulder shrugs / scapular retraction without resistance  
Ice pack

### **PHASE II: ~1-6 WEEKS POSTOPERATIVE**

**GOALS:**

- Full AROM

**AMBULATION AND BRACE USE:**

Continue sling x 6 weeks

**EXERCISES:**

Full pendulum exercises  
AROM/AAROM as tolerated (pulleys/wand/wall walks)  
1-2 Finger Isometrics x 6 (fist in box)  
Stationary bike (must wear sling)

### **PHASE III: ~6-9 WEEKS POSTOPERATIVE**

**GOALS:**

- 30 Wall Push-ups

**AMBULATION AND BRACE USE:**

D/C Sling

**EXERCISES:**

Continue appropriate previous exercises  
Rotator cuff strengthening with Theraband  
– ER and IR arm at side with rolled towel in axilla  
– Flexion to 60 degrees  
– Abduction to 60 degrees  
– Scaption to 60 degrees  
– Extension to 30 degrees  
Standing rows with Theraband  
Resistive elbow / wrist exercises with light dumbbell  
Push-up progression – Wall, etc  
Body Blade  
Ball on wall (arcs, alphabet)  
BAPS / BOSU on hands  
UBE – Forwards and backwards at low resistance  
Elliptical trainer  
Stairmaster  
Pool walking / running – No UE resistive exercises

### **PHASE IV: ~9-12 WEEKS POSTOPERATIVE**

**GOALS:**

- Rotator cuff strength WNL

EXERCISES:

Continue appropriate previous exercises with increased resistance

PROM / mobilization as needed to regain full ROM

Seated row weight machine with light weight

Push-up progression – Wall to table

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool therapy – With UE resistance

**PHASE V: ~3-4 MONTHS POSTOPERATIVE**

GOALS:

- Run 2 miles at easy pace, 30 chair push-ups

EXERCISES:

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Weight training with light resistance (no overhead press, pull downs, lateral lifts)

Push-up progression – Table to chair

**PHASE VI: ~4-6 MONTHS POSTOPERATIVE**

GOALS:

- Resume all activities

EXERCISES:

Continue appropriate previous exercises

Push-ups, regular

Sit-ups

Gravitrone – Pull-ups and dips

Swimming

Running progression to track

Progressive weight training program

Transition to home / gym program

***No contact sports until 6 months post-op***

\*\*This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.