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BICEPS TENODESIS PROTOCOL

Weeks 1-4:

- ⤴ Sling for first 4 weeks
- ⤴ PROM → AAROM → AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- ⤴ Encourage pronation/supination without resistance
- ⤴ Grip strengthening
- ⤴ Maintain shoulder motion by progressing PROM ↻ → AROM without restrictions
- ⤴ ROM goals: Full passive flexion and extension at elbow; full shoulder AROM
- ⤴ No resisted motions until 4 weeks post-op
- ⤴ Heat before PT sessions; other physical modalities per PT discretion

Weeks 4-12:

- ⤴ D/C sling
- ⤴ Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- ⤴ At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- ⤴ At 6 weeks, begin scapular strengthening

Months 3-12:

- ⤴ Only do strengthening 3x/week to avoid rotator cuff tendonitis
- ⤴ Begin UE ergometer
- ⤴ Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- ⤴ Begin sports related rehab at 3 months, including advanced conditioning
- ⤴ Return to throwing and begin swimming at 3 months,
- ⤴ Throw from pitcher's mound at 4 ½ months