



Edward Becker, MD

813.684.BONE (2663)

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ARTHROSCOPIC BICEPS TENODESIS REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

IMPORTANT ITEMS:

- 1 Patient **MUST** regain **FULL PASSIVE** forward elevation by **6 WEEKS POST-OP**
- 2 **NO** isolated biceps activation for **8 WEEKS POST-OP**
- 3 **SLING** to be worn at all times [*including when sleeping*] for **2-3 WEEKS POST-OP**; Can be removed for hygiene and exercises **ONLY**

PHASE 1 [0-3 WEEKS]	
ROM	STRENGTH
Passive forward elevation to 90° in scapular plane	Scapular stabilization [scapular clock, manual resisted scapular PNF patterns]
Gentle pendulums 2-3x/day	
Posterior joint mobilizations [grades I-II]	
Passive and active elbow ROM without resistance	Submaximal isometrics [NO ELBOW FLEXION]
ER with elbow by side--wand to tolerance	
Full passive and active ROM of hand/wrist	

GOALS TO PROGRESS TO PHASE 2

- Pain and inflammation controlled
- Gradual increase in ROM
- Promote tissue healing
- Initiate muscle contraction

PHASE 2 [3-6 WEEKS]	
ROM	STRENGTH
Full PROM in all planes except ER by 6 weeks	Initiate prone and side-lying exercise with light resistance
Begin using pulleys/supine wand in all planes	Initiate supine rhythmic stabilization at 90° flexion
ER-progress PROM/AROM as tolerated	Initiate IR/ER at 0° abduction with tubing [place towel roll between elbow and side]
Gentle posterior capsule stretches and grade II mobs	Supine punches with light resistance
	UBE for endurance

GOALS TO PROGRESS TO PHASE 3

- Achieve full PROM in all planes **except ER** by 6 weeks
- Enhance upper extremity strength

PHASE 3 [6-12 WEEKS]	
ROM	STRENGTH

Towel and side-lying IR stretch	Strength and stability progression with increased ROM
	Stress high reps/low resistance
	Initiate biceps strengthening at 8 weeks
Continue posterior and initiate inferior grade III-IV mobilization	Initiate plyotoss chest passes
	Initiate PNF patterns with tubing
	Initiate IR/ER at 90° abduction

GOALS TO PROGRESS TO PHASE 4

- Achieve full AROM in all planes **except ER** by 8 weeks
- Full passive ER by 8-10 weeks
- Full active ER by 10-12 weeks
- 5/5 rotator cuff strength
- 65-70% IR/ER isokinetic testing

PHASE 4 [3-4 MONTHS]	
ROM	STRENGTH
Continue with all ROM activities from previous phases if goals were not met	Light tossing [up to 45ft] with emphasis on proper mechanics and follow through
	Initiate single-arm plyotoss
Continue pectoralis and posterior capsule stretching	Progress eccentric strengthening of posterior cuff and scapular musculature
	*Throwing progression and contact activities can begin at 4 months post-op