

Open or Arthroscopic Biceps Tenodesis Rehab Protocol

Post-op visits:

- 2w, 6w, 12w (release from clinic)

Xrays:

- None unless injury has occurred

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment until full shoulder motion is achieved and then can stop PT

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Sling:
 - 2 weeks
- Motion restrictions:
 - None after 2 weeks
- Strengthening and weightlifting:
 - **No strengthening or lifting for 12 weeks after surgery**

Weeks 0-2: Acute Recovery After Surgery

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Phase I Home Exercise Program
Misc	• Do not submerge incision for 4 weeks after surgery • Ice 3-4x/day with ice packs on towel over shoulder or ice machine

Weeks 2-6: Passive and Active-Assist Motion with limits

Sling	• None
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• Progress passive to active range of motion ○ Advance from passive to active-assist to active motion as tolerated ○ No motion restrictions ○ Gentle stretches at end of motion but no forced stretching of shoulder or elbow
Exercises	• Phase II Home Exercise Program – Scapular stabilization

Misc	- Do not submerge incision for 4 weeks after surgery - Ice 3-4x/day with ice packs on towel over shoulder or ice machine
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Weeks 6-12: Advance motion and start active motion

Sling	None
Weight Restrictions	< 1 lb (phone, toothbrush, etc) No strengthening (may start isometric exercises)
Range of Motion	- Continue to progress full motion - May discontinue PT when full motion achieved
Exercises	Phase III Home Exercise Program – Scapular stabilization + isometric exercises
Misc	- Heat before exercises - Ice after exercises

Months 3 – 4.5:

Sling	None
Weight Restrictions	Progressive weight lifting and strengthening without limit
Range of Motion	Full motion should be achieved
Exercises	Phase IV Home Exercise Program – Scapular and shoulder strengthening
Misc	- Heat before exercises - Ice after exercises - May return to all activities

Return to sport criteria (optional)

- Begin sports specific rehab at 3 months
- Return to sport criteria:
 - Full, painless range of motion without apprehension
 - Similar shoulder strength to contralateral
 - Completed sport specific rehabilitation

General return to sport: ~4-5m

*** Adjustments to this protocol may be made based on patient progress at post-operative visits.