

Biceps Tenodesis Physical Therapy Protocol

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Patient Name: _____

Date of Surgery: _____

Associated Procedure (*checked if applicable*):

- Distal Clavicle Resection: If performed, avoid cross-body adduction x 8wks
- Acromioplasty: If performed, avoid shoulder abduction x 6wks

__ Phase I (0-4 wks): *Period of protection. Sling except for hygiene and PT. Avoid resisted elbow motions.*

Weeks 0-1: *No formal PT necessary.

- **Weightbearing:** Non-weight bearing to the operative extremity.
- **Sling:** At all times. Except for hygiene and home exercises
- **Home Exercises:** Pendulums, elbow passive ROM, wrist AROM, grip strengthening.

Weeks 1-4: *Being formal PT 2-3x/wk. Continue home exercises.

- **Weightbearing:** Non-weight bearing to the operative extremity
- **Sling:** Except for hygiene and home exercises
- **ROM:**
 - **Shoulder:** PROM → AAROM → AROM as tolerated, without restrictions (*unless associated procedure performed as dictated above*).
 - Goals: full AROM if possible
 - **Elbow:** PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated (but NO resistance)
 - Goals: full passive ROM (flex/ext)
- **Strengthening:** NO RESISTED ELBOW MOTIONS UNTIL >4wks POST OP

__ Phase II (4-12 wks): *Advance motion out of sling and initiate controlled strengthening*

- **Sling:** discontinue at post-op visit (4 weeks)
- **ROM:** Advance AROM for elbow and shoulder in all directions with passive stretching at end ranges.
 - Goals: Full AROM elbow and shoulder by 3 months.
- **Strengthening:** Only 3x/wk to avoid cuff tendonitis

- @ 6wks, start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated

— **Phase III (3-12 months): Advance strengthening and progress to sport/occupation rehab**

- **Weightbearing:** Advanced as detailed in strengthening below.
- **ROM:** Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- **Strengthening/Activities:**
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - Sports-related rehab and advanced conditioning
 - @ 4.5 months, throw from the pitcher's mound
 - @ 6 months, return to collision sports (hockey, football, etc.)
- **Work:**
 - Can resume heavy labor once full-strength/MMI achieved