**Rehabilitation Protocol**

**Biceps Tenodesis**

* **Sling for comfort, discontinue as tolerated**
* **All ROM for weeks 0-6 performed with elbow flexed**
* **May advance rehabilitation as rapidly as motion and pain allow**

**Phase I – Passive Motion (Week 1)**

* Pendulums to warm-up
* Begin Active Scapular retraction/protraction exercises with therapist cueing
* Full passive elbow flexion/extension
* Full passive forearm supination/pronation
* Passive shoulder range of motion per the following progression with the ELBOW FLEXED:
	+ - Involved hand to ipsilateral ear
		- Involved hand to back of head
		- Involved hand to mid-cervical spine
		- Involved hand to upper thoracic spine

*Progress to active ROM as tolerated after 2-3 days respecting the above progression with the elbow flexed*

* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should be within 5-7 days after your surgery.

**Phase II – Active Motion (Week 2-6)**

***Continue with modalities and ROM outlined in Phase 1***

* + Active flexion and extension – full ROM allowed
	+ Active forearm supination/pronation – full ROM allowed
	+ Active shoulder range of motion as above with the elbow flexed

\*\*\* NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS

**Phase III – Resisted (Week 7)
*Pendulums to warm up and continue with phase 2***

* Begin full active range of motion with elbow extended
* Bicep curls
* Resisted supination and pronation
* External and Internal Rotation
* Standing forward punch
* Seated rows
* Shoulder Shrugs
* Bear Hugs

\*\*\* NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS

**Phase IV – Weight Training (Week 8)**

* Light biceps curls/resisted supination gradually progressed to premorbid levels
* Keep hands within eyesight, keep elbows bent
* Minimize overhead activities
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency

**RETURN TO ACTIVITIES**

Computer As soon as tolerated

Driving When no longer taking narcotics

Elliptical 1 week

Jogging 3 weeks

Light Swimming 1 month

Golf (Chip & Putt) 1 month

Golf (Irons & Driver) 2 months

Tennis 2 months

Swinging Bat 2 months

Return to Throwing 2-3 months

Weight training 2-3 months

Skiing 3 months

Full-Speed Pitch 3 months

Contact Sports 4 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.