

Rehabilitation Program: Biceps Tenodesis

Brace: wear for daily activities & sleeping for up to 6 weeks

- Okay to shower once dressings are changed (Day 1)
- Good posture is critical throughout the rehabilitation process to improve healing and decrease the risk of developing poor mechanics
- Aerobic conditioning throughout the rehabilitation process
- M.D. follow-ups Day 1, Day 10-14, 6 weeks, 3 months, 6 months and 1 year
- All active exercises should be carefully monitored to minimize substitution or compensation

1 - 5 days post-op:

- M.D. office visit (Day 1) to change dressings and review home exercise program
- Home program to consist of: - Icing shoulder as often as able for the first 3-5 days -
- Pendulums, elbow flexion / extension, wrist and forearm strengthening, cervical stretches. No forceful biceps strengthening
- Postural education and exercises
- Start passive External rotation and table slides as tolerated.
- Stationary bike, stair machine, and VersaClimber without putting weight on arms for general conditioning

Weeks 2-6:

- Pain control (i.e. cryotherapy, massage, electric stim)
- Continue home exercises
- No biceps brachii contractions for 4-6 weeks
- No active shoulder flexion for 4-6 weeks

Range of Motion

- Shoulder PROM flexion approx. 90° Shoulder
- PROM ER/IR @ 45° ABD to tolerance (caution w/ excessive ER)
- Elbow PROM initially 20°- 90 then gradually increase
- Elbow PROM week 2: 10° - 125°

Goals:

- Goal of passive external and internal rotation is equal non-injured extremity
- Goal of forward elevation is equal to your other arm.

- Soft tissue treatments to scars and surrounding musculature, scapular mobilizations
- General conditioning as tolerated (include trunk flexion & extension exercises)
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Week 3-4:

- shoulder PROM full flexion
- Initiate shoulder ER/IR @ 90° ABD (gradually increase)
- Initiate T-band ER/IR @ 0° ABD
- Initiate scapular strengthening exercises (no prone horizontal ABD)
 - **ALL EXERCISES W/ ELBOW @ 90°**

Week 5-6:

- **Shoulder PROM:**
- ER/IR full PROM @ week 6
- Able to initiate **gentle** horizontal ABD PROM
- Able to initiate **gentle** shoulder extension PROM @ week 6
- Initiate active shoulder scaption to 90° (full cans)
- Initiate active shoulder ABD to 90° (no weight)
- Initiate isometric biceps week 6-8

Weeks 6-12:

- Discontinue sling.
- Begin progressive passive range of motion in all planes. Begin passive internal rotation (if you have not had a posterior release at the time of the surgery).
- Initiate light resistance PRE strengthening program
- Progress strengthening program
- Gradually increase resistance
- Strengthening is also begun at 6 weeks post op except bicep curls. This is delayed until 3 months.
- Okay to begin jogging, road cycling, and standing arm resistance exercises in the
- pool

Weeks 12-24:

- Emphasis on regaining strength and endurance.
- Begin Biceps strengthening.
- Running, road or mountain biking, no activities with forceful, ballistic arm movement
- Aggressive stretching; begin strenuous resistive exercises

6 months:

- Progressive overhead activities that accelerate the arm (golf, tennis, baseball, etc)