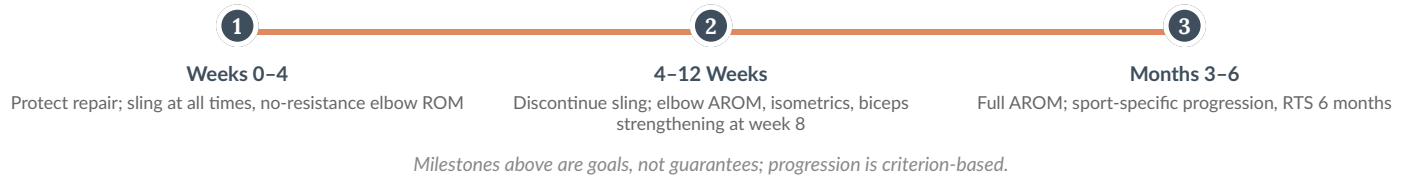


PT PROTOCOL

Biceps Tenodesis

Rehabilitation Protocol



Phase 1 Weeks 0–4

Sling: Worn at all times except for showering and rehab under the guidance of PT.

Range of Motion

- Elbow: passive range of motion progressing to active-assisted then active range of motion, as tolerated, without resistance (allows the biceps to heal into its new insertion on the humerus without added stress).
- Shoulder: active range of motion, no restriction.
- Goal: full passive elbow flexion, extension, pronation, and supination, and full active shoulder range of motion.

Therapeutic Exercises

- Wrist and hand range of motion.
- Grip strengthening.
- Heat/ice before and after physical therapy sessions.

Phase 2 Weeks 4–12

Sling: Discontinue.

Range of Motion

- Begin active range of motion of the elbow, with passive stretching at end ranges to maintain and increase elbow and biceps flexibility.

Therapeutic Exercises

- Begin light isometrics with the arm at the side for the rotator cuff and deltoid, advancing to resistance bands as tolerated.
- Begin light resistive biceps strengthening at 8 weeks.
- Modalities per PT discretion.

Phase 3 Months 3–6

Range of Motion

- Progress to full active range of motion of the elbow without discomfort.

Therapeutic Exercises

- Continue and progress Phase 2 exercises.
- Begin upper-extremity ergometer.
- Begin sport-specific rehabilitation.
- Return to throwing at 3 months; throwing from the mound at 4.5 months; return to sports at 6 months if approved.
- Modalities per PT discretion.