

BICEPS TENODESIS PROTOCOL

Name _____
Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times a week Duration: 1 2 3 4 5 6 weeks

_____ Weeks 1-4:

- Sling for first 4 weeks
- PROM @ AROM @ AROM of elbow with 10 lb resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- Encourage pronation/supination without resistance
- Grip strengthening
- Maintain shoulder motion by progressing PROM and AROM without restrictions
- ROM goals: Full passive flexion and extension at elbow; full shoulder AROM
- No resisted motions until 4 weeks post-op
- Heat before PT sessions; other physical modalities per PT discretion

_____ Weeks 4-12:

- D/C sling
- Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/growth flexibility and ROM
- At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- At 6 weeks, begin scapular strengthening

_____ Months 3-12:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing and begin swimming at 3 months,
- Throw from pitcher's mound at 4-6 months
- Collision sports at 6 months
- MMI is usually at 6 months

Comments:

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____ Functional Capacity Evaluation

____ Work Hardening
____ Nbrk Conditioning

Teach HCP

Modalities

_ Electric Stimulation _ Ultrasound ___ Iontophoresis _ Phonophoresis Heat before/after Ice
before/after _ Trigger points massage _ TENS Other _____
____ Therapist's discretion

Signature _____ Date _____