



ADVANCED  
ORTHOPAEDIC  
SPECIALISTS



## Biceps Tenodesis Rehab Protocol

Phase	Brace	ROM	Therapeutic Exercise
Phase I Weeks 0-4	Sling immobilizer at all times	PROM of shoulder and elbow to patient tolerance by PT only progressing towards full ROM	Initiate hand and wrist AROM and band exercise with special attention to prevent motion at the elbow and shoulder, shoulder pendulums all planes, scapular retractions and clocks <b>No AROM shoulder or elbow</b>
Phase II Weeks 4-6	Discontinue sling	Full PROM	Initiate AAROM of shoulder and elbow progressing to AROM as tolerated Shoulder: progress supine-reclined-upright with overhead AROM when tolerated, initiate posterior capsule stretching (i.e. cross body adduction, sleeper stretch) Work towards waist-level functional activity <b>No resisted shoulder or elbow activities</b>
Phase III Weeks 6-10	No sling	Full AROM	Initiate low load rotator cuff and tricep isotonic exercise with special regard to shoulder flexion, isotonic exercise with wrist and hand progressing as tolerated, shoulder flexion and elbow flexion isometrics, multi-planar AROM of glenohumeral joint (i.e. PNF patterns)
Phase IV Weeks 10-14	No sling	Full AROM	Initiate progressive loading of the rotator cuff, elbow flexors/extensors, multi-planar/multi-joint functional movements with low loads