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Biceps Tenodesis Protocol

Milestones:

- Ultra sling 0 – 10 days
- PROM 0 – 10 days
- AAROM 10 – 21 days
- AROM 21 days – 4 weeks
- strengthening 4 -8 weeks
- integrated strengthening 8 - 12 weeks
- throwing 3 months

*****NO RESISTED ELBOW FLEXION OR SUPINATION FOR 10 WEEKS**

PHASE I (wk 0- 10 days) Protected Motion

POD 3-4 - 10 days

- Pendulum
- Passive Range of Motion
 - Supine ER at 0 – full
 - Supine forward flexion - Full
 - Bicep curl (no weight)
- Shoulder circles
- Shoulder squeezes

PHASE II (day 10 – wk 4) Motion Recovery

POD 10 - 21

- Passive and Active Assisted ROM
 - Supine External Rotation at 0 – Full
 - Supine Forward Flexion – full
 - IR (no IR for 6 weeks on infraspinatus repairs)
- GH abduction – as necessary (passive)
- Trunk

POD 21 – wk 4 (lawn chair progression)

- Passive and Active Assisted ROM
 - Supine – Seated External Rotation – Full
 - Supine – Seated Forward Flexion – Full
 - IR (no IR for 6 weeks on infraspinatus repairs)

- GH Abduction – as necessary (passive)
- Trunk

PHASE III (wk 4– 8) Strength

Week 4 - 8

- Pendulum
- AROM with terminal stretch
 - ER against doorway
 - OH flexion
 - GH abduction
 - IR
 - Horizontal adduction
- Strength
 - Tubing ER / IR
 - Tubing row
 - Tubing punch
 - Tubing extension

PHASE IV (wk 8 - 12) Integrated Strength

Week 8 - 12

- Terminal stretching as needed
- Multi – joint/planar combination movements

PHASE V (wk 12 - 16)

Week 12 - 16

- Terminal stretching as needed
- Interval Sport Program

Notes:

- Patient must wear sling while sleeping unless otherwise noted by MD.
- Sling can and should be removed for physical therapy and HEP.
- Careful use of long lever arm exercises.