

ARTHROSCOPIC or OPEN BICEPS TENODESIS

REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	Shoulder PROM advanced to active as tolerated Passive elbow flexion, active extension	0-2 weeks: Worn at all times day and night** Off for hygiene and home exercises according to instruction sheets 2-4 weeks: Worn daytime only**	Hand/wrist ROM, Codmans, wall stretch, grip strengthening Shoulder PROM as tolerated advanced to AAROM, elbow PROM with active extension okay Begin scapular stabilizing, protraction/retraction, deltoid and cuff isometrics *Avoid active elbow flexion, resisted supination, and eccentric load on biceps until 6 wks *Lower body, core, and cardio okay as tolerated if in sling
PHASE II 4-8 weeks	Progress to AAROM and AROM at elbow, forearm after 6 weeks	4-6 weeks: Worn only during day, during activity, to protect from biceps** Discontinue by 6 wks	Advance isometrics, ER/IR at neutral Advance to therabands as tolerated, capsular stretching at end-ROM to maintain flexibility **No resisted elbow flexion or supination, eccentric biceps load until 6 weeks
PHASE III 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

* If a distal clavicle excision is performed, cross body adduction is restricted for 8 weeks post-op

**May remove sling if arm is supported on chair/desk/table (ie desk work, eating) or if cognizant of protecting biceps

***Patient protocols may vary. Please follow patient-specific script if modified