



Physical Therapy Protocol – Biceps Tenodesis

Diagnosis: R / L shoulder arthroscopy, biceps tenodesis

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-4:

- **Sling with pillow at all times except hygiene**
- **Range of Motion:**
 - o Elbow: PROM → AAROM → AROM as tolerated *without* resistance
 - o Shoulder: PROM/AAROM/AROM as tolerated
 - o ***If concomitant DCE performed limit horizontal adduction until 8 weeks post op***

Weeks 4-12:

- **Ok to wean out of sling**
- **Range of motion:** increase as tolerated to full AROM for both elbow and shoulder
 - o ***If concomitant DCE performed limit horizontal adduction until 8 weeks post op***
- **Exercises:** begin light deltoid/cuff isometrics with arm at side, begin scapular strengthening, ***no active biceps strengthening until 8 weeks post op***, only do strengthening 3x/week to avoid RTC tendonitis
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 12-24:

- **Range of motion:** progression to full AROM
- **Exercises:** progress to begin upper extremity ergometer, begin eccentrically resisted motions and closed chain activities; begin return to sport activities at 12 weeks
 - o *Swimming at 3 months*
 - o *Throwing at 3 months*
 - o *Throwing from mound at 4.5 months*