

Proximal Biceps Tenodesis Protocol

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (0-4 Weeks)	Phase II (4-12 Weeks)	Phase III (12+ Weeks)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Wear sling at all times x 4 weeks • No Resisted motions until 4-6 weeks post-op • No lifting >1# with elbow flexed <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • Elbow: PROM-AAROM-AROM without resistance • Shoulder: PROM Flexion, ER, and IR • Shoulder AAROM: ER and IR <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • Pendulums • PROM/AAROM/AROM elbow 0-145 degrees with gentle ROM into extension • Encourage pronation/supination without resistance and no end range stretching into supination Shoulder AAROM ER and IR in the scapular plane supine with wand • Shoulder PROM: flexion, ER, and IR • Periscapular strengthening 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Discharge sling at 4 weeks • No lifting >5# with elbow flexed <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • Begin shoulder AAROM: flexion and abduction, progress to AROM as tolerated <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • Begin shoulder AAROM flexion and abduction • Light isometrics with arm at side for rotator cuff and deltoid – progress to light PRE’s as able • Begin/progress scapular stabilization in prone <p style="text-align: center;">Week 8</p> <ul style="list-style-type: none"> • Gentle GH mobilizations as needed to regain full motion 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Strengthening 3x/week to avoid rotator cuff tendonitis <p style="text-align: center;">RANGE OF MOTION</p> <ul style="list-style-type: none"> • Full shoulder and elbow AROM <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • Progress strengthening program – isotonic, scapular stabilization, dynamic strength • Begin UBE • Begin eccentrically resisted motions • Plyometrics (i.e. weighted ball toss) • Proprioception (body blade, PNF) • CKC (Wall push ups, serratus, step ups to blocks) • Begin Sports Specific Rehab
<p style="text-align: center;">General Outcomes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full passive flexion/extension at elbow <input type="checkbox"/> Full shoulder AAROM/PROM 	<p style="text-align: center;">General Outcomes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full shoulder and elbow PROM/AROM <input type="checkbox"/> Good lower trapezius activation 	<p style="text-align: center;">General Outcomes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Return to throwing at 3 months <input type="checkbox"/> Throw from pitcher’s mound at 4.5 months <input type="checkbox"/> Return to collision sports at 6 months <input type="checkbox"/> MMI at 6 months