

## BICEPS TENODESIS PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
<b>PHASE 1</b> <b>First 6 Weeks</b> <b>(0-6)</b> 1-2 Sessions/week Begin after 2 weeks	<ul style="list-style-type: none"> <li>- <b>Shoulder immobilizer x 6 weeks full time except hygiene and PT exercises</b></li> <li>- No AROM x <b>6 weeks</b></li> <li>- Avoid active flexion and eccentric load of biceps <b>until 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>- PROM as tolerated in supine position (130 deg FF, 90 deg Abduction, 30 deg ER first <b>4 weeks</b>; then unrestricted PROM to begin <b>at 4 weeks</b>)</li> </ul>	<ul style="list-style-type: none"> <li>- <b>After 2 weeks</b>, progress seated table slide for flexion or supine assisted shoulder flexion, pulleys</li> <li>- Deltoid isometrics</li> </ul>
<b>PHASE 2</b> <b>Second 6 Weeks</b> <b>(6-12)</b> 1-2 Sessions/week	<ul style="list-style-type: none"> <li>- <b>Out of brace</b></li> <li>- Avoid active flexion and eccentric load of biceps <b>until 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>- Advance to AAROM/AROM</li> <li>- Continue with PROM to reach full ROM and appropriate joint mobilizations</li> </ul>	<ul style="list-style-type: none"> <li>- Advance isometrics with arm at side</li> <li>- Begin wall climbs</li> <li>- Initiate scapular stabilizing exercises, core strengthening exercises</li> <li>- Begin resistive exercises for scapular stabilizers, biceps, and triceps, and rotator cuff</li> <li>- Begin strengthening <b>after 6 weeks</b></li> </ul>
<b>PHASE 3</b> <b>Third 6 Weeks</b> <b>(12-18)</b> Sessions once/week or once every other week		<ul style="list-style-type: none"> <li>- Full AROM in all planes</li> </ul>	<ul style="list-style-type: none"> <li>- Advance strength training as tolerated</li> <li>- Progress to eccentric resisted motion and closed chain activities</li> <li>- Return to sport and full activity <b>at 16-18 weeks</b></li> </ul>

This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.