

Biceps Tenodesis PT Protocol (No Rotator Cuff Repair)

PHASE I (0-4 WEEKS)

Period of protection: Sling is worn for 4 weeks. No strengthening until after this phase to prevent irritation and allow for biceps tenodesis to heal.

Distal Clavicle Resection (DCR): If this was done, avoid cross body adduction x 8weeks

Weeks 0-1: Formal PT is not mandatory.

- Sling at all times (except for hygiene and pendulums)
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4: Begin formal PT (2-3 x/week).

- Sling at all times (except for hygiene and PT)
- ROM:
 - **Shoulder:** PROM → AAROM → AROM as tolerated
 - Goals: full AROM if possible
 - **Elbow:** PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated (but NO resistance)
 - Goals: full passive ROM (flex/ext)
 - Heat before, Ice after. Modalities as per PT discretion.

Strengthening: NO RESISTED ELBOW MOTIONS UNTIL >4 WKS POST-OP

- Grip strengthening OK

PHASE II (5-12 WKS)

- D/C sling
- ROM: Advance AROM for elbow and shoulder in all directions (*depending on other procedures*), with passive stretching at end ranges.
 - If distal clavicle resection done, may begin crossed-chest adduction after 8 weeks
 - Goals: full AROM elbow and shoulder by 3 months.
- Strengthening (only 3x/week to avoid cuff tendonitis):
 - @ 6 weeks, start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

PHASE III (3-12 MONTHS)

Progress to sport-specific/occupation-specific rehab.

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.

- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - Sports-related rehab and advanced conditioning
 - @ 4.5 months, throw from the pitcher's mound
 - @ 6 months, return to collision sports (hockey, football, etc.)

- Work:
 - Can resume heavy labor once full-strength/MMI achieved (usually by 6-12 months)