

BICEP TENODESIS REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	PROM as tolerated*	0-6 weeks: except for exercises and hygiene	<p>0-2 weeks: wrist/hand ROM, pendulums, wall stretch at home per instruction sheets</p> <p>2-4 weeks: Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula</p> <p>Deltoid cuff isometrics</p> <p>*Avoid active biceps until 6 wks</p> <p>Begin scapular protraction/retraction</p>
PHASE II 4-8 weeks	Increase as tolerated to full	<p>0-6 weeks: except for exercises and hygiene</p> <p>6-8: no sling</p>	<p>Advance isometrics with arm at side, rotator cuff and deltoid</p> <p>Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility</p> <p>*Avoid active biceps until 6 wks</p>
PHASE III 8-12 weeks	Progress to full without discomfort	None	<p>Advance strength training as tolerated</p> <p>Begin eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and full activity as tolerated after 12 weeks</p>

*If a distal clavicle excision is performed, horizontal adduction should be minimized until pain resolves