

**PHYSICAL THERAPY PROTOCOL
PROCEDURE: BICEPS TENODESIS**

- **Weeks 0-2: Recovery Phase**
 - Sling Immobilizer: At all times except for showering and exercise
 - Exercises:
 - Passive ER and extension to neutral
 - Passive FF in scapular plane to 90
 - AROM wrist/elbow/hand
 - No active elbow flexion or forearm supination
 - Scapular “pinches”
 - Pain free submaximal deltoid isometrics
 - Modalities as needed

- **Weeks 3-6: Joint Mobilization Phase**
 - Sling Immobilizer: Worn as needed for comfort
 - Exercises:
 - Begin active elbow flexion and forearm supination as tolerated; no resistance
 - Active assisted FF, IR, ER in scapular plane
 - Manual scapular side-lying stabilization exercises
 - IR/ER/FF submaximal, pain free isometrics
 - Begin humeral head stabilization exercises
 - Begin cardiovascular training as tolerated
 - Modalities as needed
 - Advancement Criteria:
 - Symmetric FF and ER
 - Normal scapulohumeral rhythm
 - Minimal pain and inflammation

- **Weeks 7-10: Initial Strengthening Phase**
 - Exercises:
 - A/AROM for full FF, IR and ER
 - Begin IR/ER/FF isotonic strengthening
 - Begin gentle resisted elbow flexion and forearm supination; advance as tolerated but avoid pain
 - Advance scapular (esp mid and lower trapezius) and latissimus strengthening
 - Progress IR/ER to 90/90 position if required
 - General upper extremity flexibility exercises
 - Advancement Criteria:
 - Normal scapulohumeral rhythm

- Full upper extremity ROM
- 5/5 strength throughout (except biceps)
- Minimal pain and inflammation

- **Weeks 11+: Advanced Strengthening Phase**
 - Exercises:
 - Begin more aggressive biceps strengthening
 - Advance full upper extremity strengthening program
 - Continue upper extremity flexibility exercises
 - Activity-specific plyometrics program
 - Begin sport or activity related program
 - Address trunk and lower extremity demands
 - Return to full, unrestricted activities at 3 months post-op

- Discharge Criteria:
 - Isokinetic strength >90% uninvolved side
 - Independent HEP
 - Independent, pain-free sport or activity specific program