



**Brian Waterman M.D.**  
ORTHOPEDIC SURGERY

**BICEPS TENODESIS PROTOCOL**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery** \_\_\_\_\_

Frequency: 1 2 3 4 times/week    Duration: 1 2 3 4 5 6 Weeks

**Weeks 1-4:**

- Sling for first 4 weeks
- PROM AAROM AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed
- Encourage pronation/supination without resistance
- Grip strengthening
- Maintain shoulder motion by progressing PROM 7 AROM without restrictions
- ROM goals: Full passive flexion and extension at elbow; full shoulder AROM
- No resisted motions until 4 weeks post-op
- Heat before PT sessions; other physical modalities per PT discretion

**Weeks 4-12:**

- DIC sling
- Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated.

At 6 weeks, begin scapular strengthening.

**Weeks 8-12:**

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing and begin swimming at 3 months,
- Throw from pitcher's mound at 4 ½ months
- Collision sports at 6 months
- MMI is usually at 6 months

**Comments:**

Functional Capacity Evaluation     Work Hardening/Work Conditioning     Teach HEP

**Modalities:**

Electric Stimulation     Ultrasound     Iontophoresis     Phonophoresis  
 TENS     Heat before/after     Ice before/after     Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



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