



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## BICEPS TENODESIS PROTOCOL (Expedited)

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

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

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

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

### Weeks 1-2:

- Sling for first 2 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 > 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 2-6:

- 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 4 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 6-10:

- 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



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\_\_\_ Therapist's discretion

\_\_\_ Other \_\_\_\_\_

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