

## REHABILITATION PROTOCOL: SHOULDER BICEPS TENODESIS

### □ Phase 1 (Weeks 0-4)

- Sling immobilization at all times except for showering and rehab under the guidance of PT
- Range of motion
  - PROM → AAROM → AROM of elbow as tolerated WITHOUT resistance (allows biceps to heal into new insertion on humerus without being stressed)
  - AROM of shoulder, no restriction
  - Goals: full passive flexion, extension, pronation, and supination at elbow and full shoulder AROM
- Therapeutic exercises
  - Wrist and hand range of motion
  - Grip strengthening
- Heat/ ice before and after physical therapy sessions

### □ Phase 2 (Weeks 4-12)

- Discontinue sling immobilization
- Range of motion
  - Begin AROM of elbow with passive stretching at end ranges to maintain and increase elbow and biceps flexibility
- Therapeutic exercises
  - Begin light isometrics with arm at side for rotator cuff and deltoid- can advance to bands as tolerated
  - Begin light resistive biceps strengthening at 8 weeks
- Modalities per PT discretion

### □ Phase 3 (Months 3-6)

- Range of motion
  - Progress to full AROM of elbow without discomfort
- Therapeutic exercises
  - Continue and progress with Phase 2 exercises
  - Begin UE ergometer
  - Begin sport-specific rehabilitation
  - Return to throwing at 3 months
  - Throwing from mound at 4.5 months
  - Return to sports at 6 months if approved
- Modalities per PT discretion