

BICEPS TENODESIS

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1- 2x/week HEP daily	-Control pain and inflammation -Promote tissue healing -Prevent stiffness and atrophy -Increase shoulder and elbow PROM	-Sling at all times except exercise -No active elbow flexion or forearm supination -No lifting or weight-bearing through surgical arm -No behind body movements -No shoulder ER > 40	-Elbow/Shoulder PROM - -Codman/Pendulums -Scapular retractions -Shoulder AAROM as tolerated -Wrist/hand ROM
Weeks 4-8 PT 2-3x/week HEP daily	-Decrease pain and inflammation -Increase independence with ADLs -Full shoulder/elbow PROM -Increase shoulder/elbow AROM	-Wean from sling -No resisted elbow flexion/forearm supination -No heavy lifting or weight-bearing through surgical arm -Do not force painful movements -No scar massage	-Shoulder/elbow P/AA/AROM -Shoulder isometrics -Shoulder joint mobilizations -Scapular strengthening -Posterior capsule stretching
Weeks 8-12 PT 2-3x/week HEP daily	-Full elbow/shoulder AROM -Increased upper extremity strength -Return to activity	-No heavy lifting -Strengthening 3-4x/week	-Elbow/forearm isometrics and light strengthening -Progress shoulder and scapular strengthening (e.g. bands, closed chain, dumbbells) -Rhythmic stabilization
Weeks 12+ PT 1-2x/week HEP daily	-Return to sport/functional activities -Throwing once cleared by MD	-Limit stress to anterior capsule (i.e. caution with military press and bench press) - Avoid painful activities	-Progress elbow/forearm/shoulder strengthening (including eccentrics and overhead) -Progress stabilization exercises -Plyometrics -Sport-specific exercises

References:

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