

## Isolated Proximal Biceps Tenodesis Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> <li>Minimize pain and swelling</li> <li>Protection of incision and repair</li> <li>Regain normal elbow and shoulder passive then active ROM</li> <li>Normalize scapular mechanics</li> </ul>	<ul style="list-style-type: none"> <li><b>Use sling 4 weeks for comfort</b></li> <li>Avoid painful movements</li> <li>5 lb lifting restriction</li> </ul>	<ul style="list-style-type: none"> <li>Frequent icing throughout day</li> <li>PROM initially progressing to AAROM as able</li> <li>Goal of full PROM by 1-2 weeks post-op</li> <li><b>Avoid rotation in abduction until 4 weeks</b></li> <li>AROM once full AAROM has been achieved</li> <li>Scapular strengthening               <ul style="list-style-type: none"> <li>Start with retractions and progress as able</li> </ul> </li> <li><b>Initiate elbow isometrics at 4 weeks</b></li> <li><b>Avoid resistive elbow flexion until 8 weeks</b></li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>Normalize elbow, shoulder, and rotator cuff strength</li> <li>Gradual increase in functional use</li> </ul>	<ul style="list-style-type: none"> <li>Slowly advance from 5lb restriction with goal of unrestricted lifting at or near 12 weeks</li> <li>Avoid throwing or ballistic motions</li> </ul>	<ul style="list-style-type: none"> <li>Scar massage/tissue mobilization</li> <li>Resistance training for the scapular stabilizers and rotator cuff musculature</li> <li>Progress elbow isotonic</li> <li>Initiation of closed kinetic chain activities as able</li> <li>Week 6: FOTO, QuickDASH</li> </ul>
Weeks 12+	<ul style="list-style-type: none"> <li>Gradual return to activities as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>Initiate return to play or activity program as necessary</li> </ul>	<ul style="list-style-type: none"> <li>Advanced strengthening of the shoulder and scapular muscle groups</li> <li>Begin return to sport/activity process when patient has achieved full and pain free AROM; ER and IR concentric strength <math>\geq 90\%</math> LSI; HHD isometric elbow flexion <math>\geq 90\%</math> LSI</li> <li>Week 12: FOTO, QuickDASH</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.  
 Each patient's progress may vary based on specifics to their injury and procedure.



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