

Isolated Proximal Biceps Tenodesis Rehabilitation Protocol

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

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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