

Biceps Tenodesis



Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

- First 2 weeks, sling at all times (remove for bathing & doing therapy exercises); second 2 weeks – ok to remove for sleeping
- After 4 weeks, discontinue sling

Phase I Passive ROM	Week 1-4	<ul style="list-style-type: none"> • Goal: passive ROM – shoulder and elbow • ** Limit combo of shoulder extension, ER and supination • Scapular mobility / scapular isometrics ok • Pendulums to warm-up • Hand / wrist AROM ok, but limit AROM of elbow • Cardio ok with sling on: walk, stationary bike, elliptical <p>** Absolutely no resisted elbow ROM</p>
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Phase II Active ROM	Week 5-8	<ul style="list-style-type: none"> • Goal: active ROM shoulder and elbow • Shoulder ER / IR OK • Light cuff / scapular stabilization exercises (with care not to engage biceps resistance) • PRE's for Periscapular strengthening
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Phase III Strengthening	Week 9-12	<ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities (No Military press, pull downs behind head, or wide grip bench)
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Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	3 months	Golf (progressive return)
	4-5 months	Tennis, swimming, volleyball, throwing program
	5-6 months	Contact Sports

Special Notes: