

Rehabilitation Protocol: Biceps Tenodesis (In conjunction with other shoulder procedures, or as a standalone)

Phase I (Weeks 0-4)

Sling immobilization to be worn at all times except for showering and rehab under guidance of PT
Range of Motion –PROM → AAROM → AROM of elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed), AROM of shoulder (no restriction)

- Goals: full passive flexion/extension at elbow and full shoulder AROM
- Encourage pronation/supination without resistance
- Grip strengthening

Heat/Ice before and after PT sessions

Phase II (Weeks 4-12)

Discontinue sling immobilization

Range of Motion

- Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility

Therapeutic Exercise

- 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 III (Months 3-6)

Range of Motion – Progress to full AROM of elbow without discomfort

Therapeutic Exercise

- Continue and progress with Phase II exercises
- Begin UE ergometer
- Begin sport-specific rehabilitation
- Return to throwing at 3 months
- Throwing from a mound at 4.5 months
- Return to sports at 6 months if approved

Modalities per PT discretion