

POST-OPERATIVE REHABILITATION: BICEPS TENODESIS

Therapy Plan: Twice per week for 0-3 months, once per week for 3-6 months

ROM Progression

Initial ROM weeks 0-6:

- Progressive passive shoulder and elbow as tolerated
- Wrist and hand passive and active as tolerated

Wean out of the sling over weeks 4-6 with the goal of being completely out of the sling at 6 weeks.

Progress ROM as tolerated with the goal of symmetric full motion at 8-10 weeks.

Weight Bearing Progression

No biceps strengthening for postoperative weeks 0-8 with progressive strengthening over weeks 8-12.

Initial Post-Operative Physical Therapy Visit (2 weeks)

- Instruct on ROM exercises
- Gentle passive motion, manual therapy
- Isometric exercises for core, deltoid

Phase 1 Physical Therapy (2-4 weeks): protect the joint, progress motion

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Gentle ROM as tolerated as above
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (4-8 weeks): progressive motion

- Progress ROM as tolerated as above
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (8-12 weeks): progressive strengthening

- Progress to full ROM
- Initiate closed-chain and core strengthening
- Continue proprioceptive training

Phase 4 Physical Therapy (12+ weeks): return to pre-injury level and sport

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated
- Full return may take a full 3-6 months or more depending on surgery and recovery