



Biceps Tenodesis
Post-Operative Therapy Plan

Date of Surgery: _____

Surgeon: _____

Additional Considerations/Precautions (tissue quality, anchor type, etc):

Sling: 1 week, then wean out. Remove for showering/dressing and PT exercises.

Next Follow Up with MD/PA: _____

Precautions: Hold AROM (flexion/supination) of elbow x 1 wks; Hold biceps with resistance x 8 wks

Avoid ER with extension x 3 wks

No lifting more than 3# x 3-6 wks, 5-8# x 6-12 wks

BICEPS TENODESIS

Ideally patients should achieve the following milestones before advancing to the next stage.

	Intervention	Milestones
Week 0-1	Control pain and inflammation. Progressive, non-forceful PROM of shoulder in all planes. PROM of elbow. Wrist/hand AROM. Postural education/Scapular retraction exercises.	Good pain management Full PROM elbow Full wrist/hand ROM Shoulder PROM progressing without stiffness
Weeks 2-6	Continue postural and scapular exercises. Add manual resistance for scapular exercises. Begin AAROM/AROM for shoulder and elbow. Initiate isometrics, progressing to PREs (theraband) at 4 wks. Begin gentle closed chain exercises (quadruped).	Full shoulder PROM at 4 wks, AROM at 6 wks
Week 6-8	Begin rhythmic stabilization exercises. Progress scapular exercises (prone). Progress closed chain exercises as tolerated. Able to return to run if non-painful.	Functional activities at or below chest level without pain
Week 8-10	Begin elbow PREs for flexion, extension, supination. Continue scapular exercises. Progress closed chain exercises to full weight bearing. Begin PNF patterns.	Strength progressing without pain
Week 10-12	Initiate gym program - Low weight/high reps Progress PREs – theraband exercises at 90/90. Plyometric ball drills	Shoulder strength at 80% non op side
Week 12+ (3 mo)	Begin overhead strengthening. Continue strengthening program. Begin interval throwing program if cleared by physician.	Overhead athletes and manual laborers: 0/10 pain score Full ROM Strength = non-op side Pass appropriate functional testing