

Biceps Tenodesis

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Phase 1	<ul style="list-style-type: none"> • Protect surgical site • Reduce muscle atrophy • Activation of the stabilizing muscles of the glenohumeral and scapulothoracic joints 	<ul style="list-style-type: none"> • Sling at all times except for hygiene • Elbow: ROM tolerated without resistance • If concomitant DCE performed → horizontal adduction restricted until 8 weeks postop • No resistance exercises permitted during phase I • Sling per surgeon 	<ul style="list-style-type: none"> • Modalities: <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ BFR, if applicable • Shoulder: Progress PROM → AAROM → AROM as tolerated • Pendulums, wrist/hand ROM, grip strengthening • Cervical spine and scapular AROM • CV exercise: <ul style="list-style-type: none"> ○ Walking, stationary bike
Phase 2	<ul style="list-style-type: none"> • Building towards full shoulder motion in all planes • Avoid overstressing repaired tissue • Strength within 90% LSI in neutral position 	<ul style="list-style-type: none"> • Discontinue sling • ROM: increase as tolerated to full AROM for shoulder/elbow • If concomitant DCE performed → horizontal adduction restricted until 8 weeks postop • Active biceps strengthening restricted until 8 weeks postop 	<ul style="list-style-type: none"> • ROM: as tolerated <ul style="list-style-type: none"> ○ Joint mobilization if needed • Continue BFR as needed • Begin submax deltoid and cuff isometrics in neutral <ul style="list-style-type: none"> ○ Progress to isotonic at 8 weeks • Scapulothoracic strengthening • Prone, side-lying strengthening • CV exercise: <ul style="list-style-type: none"> ○ Walking, stationary bike, stairmaster ○ Treadmill ○ No swimming
Phase 3	<ul style="list-style-type: none"> • Full ROM in all planes • Strength > 90% LSI in neutral & 90/90 position • Begin RTS activities • Progression through OH athlete program • Improve capacity for sport-specific demands 	<ul style="list-style-type: none"> • Full ROM • Initiate eccentric exercises • Initiate closed chain activities • Swimming at 3 months • Throwing at 3 months • Mound throwing at 4.5 months 	<ul style="list-style-type: none"> • Continue with strengthening • Velocity based strengthening <ul style="list-style-type: none"> ○ Neutral at 12 weeks ○ 90/90 at 16 weeks • Discuss sport mechanics with therapist

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.