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Post-Operative Rehabilitation Protocol:

Biceps Tenodesis With or Without Subacromial Decompression

PHASE I: MOTION PHASE (WEEKS 0-4)

GOALS: Allow soft tissue healing, diminish pain/inflammation, establish early motion, retard muscle atrophy.

I. Immediate Post-Operative to Week 4:

A. General:

- * Sling. Remove for hygiene only
- * Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- * As tolerated

C. Range of Motion Goals:

- * Full Shoulder AROM
- * Full Elbow PROM

D. Treatment / Exercises:

- * Active wrist range of motion, hand gripping
- * Cervical AROM
- * Shoulder shrugs, protraction, retraction
- * Pendulum exercises
- * Wall climbs or L-bar for AAROM
- * Isometrics (submaximal, pain-free) – abductors, ER, IR, shoulder
- * ***NO Resisted Elbow ROM***

PHASE II – INTERMEDIATE PHASE (WEEKS 4-12)

GOALS: Decrease pain, improve neuromuscular control, increase functional activities.

Enter Phase II if:

- ✓ ROM goals above are met

- ✓ Minimal pain/tenderness
- ✓ Satisfactory MMT or IR/ER, Flex/Ex

II. Weeks 4-12:

A. General:

- * Discontinue sling
- * Cryotherapy unit or ice 20 minutes/hour as needed

B. Weight Bearing:

- * As tolerated

C. Range of Motion Goals:

- * Full PROM, AROM elbow and shoulder

D. Treatment / Exercises:

- * Continue above treatment
- * Tubing exercises for ER/IR at 0° abduction
- * Humeral head stabilization exercises
- * Isometric exercises for shoulder/elbow
- * Normalize glenohumeral/scapulothoracic kinematics
- * Trunk exercises
- * Endurance exercises
- * Start light biceps resistance exercises at 6 weeks

PHASE III – DYNAMIC STRENGTHENING PHASE (MONTHS 3-6)

GOALS: Improve strength/endurance, improve neuromuscular control, increase functional activities.

Enter Phase III if:

- ✓ Full, painless ROM
- ✓ Minimal pain/tenderness
- ✓ Strength at least 70% of uninvolved arm

III. Months 3-6:

A., B., C. As Above

D. Treatment / Exercises:

- * Continue above treatment
- * Isotonic dumbbell exercises: deltoid, elbow flexors, periscapular muscles
- * Tubing exercises for scapulothoracic muscles
- * Initiate plyometrics for rotator cuff
- * Initiate diagonal patterns (PNF)

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- * Interval Throwing Program (Mound at 4.5 mos)
- * Add total body conditioning program

PHASE IV: RETURN TO ACTIVITY PHASE (Months 6+)

GOALS: Gradual return to collision/competitive activity or heavy labor.

Enter Phase IV if:

- ✓ Full, painless ROM
- ✓ No pain/tenderness
- ✓ Satisfactory isokinetic test (Flex/Ex, Abd/Add)
- ✓ Satisfactory clinical exam

IV. Months 6+:

A., B., C. As Above

D. Treatment / Exercises:

- * Continue above treatment
- * Progress strengthening to tolerance
- * Return to competition or heavy labor if:
 - ✓ Full ROM
 - ✓ No pain/tenderness
 - ✓ Satisfactory strength (at least 90% of uninvolved arm)
 - ✓ Satisfactory clinical exam

*** Addendum**

This protocol provides general rehabilitation guidelines following Biceps Tenodesis with or without Subacromial Decompression. It is subject to modification depending on the degree of injury, the type and extent of associated surgical intervention, as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.