Colorado Springs Orthopaedic Group

Well Beyond.

Craig A. Yager, M.D.
Postoperative Therapy Protocol
Biceps Tenodesis

Functional Goals

Weeks 0-4: Control swelling and pain, protect anatomic repair, obtain full passive motion of shoulder and elbow
Weeks 4-8: Restore full active motion of shoulder and elbow
Weeks 8-10: Initiate strengthening of shoulder and elbow
Weeks 10-12: Continue strengthening with goal for return to sport or work activities

Weeks 0-4

Sling should be used unless performing exercises, sleep with sling in place
Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards
Avoid active elbow flexion for 4 weeks, but should achieve full passive elbow flexion and extension by week 4
Shoulder passive range of motion to tolerance in all planes, do not force painful motion
Scapular retraction progressing to scapular isometrics
May start to wean out of sling at week 3

Exercise	Reps/Sets	Frequency	Goal
Pendulums	3 sets of 10 reps	2 times daily, 7 days/week	Increase Shoulder ROM
Active Wrist Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Active Hand Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Passive Elbow Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase PROM
Passive Forearm Supination & Pronation	3 sets of 15 reps	2 times daily, 7 days/week	Increase PROM

Weeks 4-8

Discontinue sling
No lifting with operative extremity or friction massage to the tenodesis site
Begin gentle scar massage
Begin light waist level activities of daily living including light computer work
Achieve gradual restoration of AROM. Progress from PROM to AAROM to AROM in all planes
Incorporate glenohumeral and scapulothoracic mobilization as needed if ROM is less than expected
Incorporate posterior capsule stretching
Continue ice as needed
Modify exercises as follows with additional exercises per therapist recommendation:

Exercise	Reps/Sets	Goal	Additional Information
Active Wrist Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Hand Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Elbow Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Forearm Supination & Pronation	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Cross Body Adduction Stretch	3 sets of 15 reps	2 times daily, 7 days/week	Posterior Capsule Stretch
Sleeper Stretch	3 sets of 15 reps	2 times daily, 7 days/week	Posterior Capsule Stretch

Weeks 8-10

Initiate strengthening only once near full range of motion has been obtained
Begin chest level full activities of daily living
Continue range of motion exercises as needed
Initiate biceps curls with light resistance, progress as tolerated
Initiate resisted supination/pronation
Initiate balanced strengthening program beginning with low dynamic positions and progressing in terms of muscle demand, intensity, shoulder elevation, and stress on anterior capsule

- Begin with high repetitions (30-50) and low resistance (1-3 lbs) working on muscular endurance
- Full elevation in scapular plane before progression to elevation in other planes
- All activities should be pain free without compensation
- May perform both open and closed chain exercises
- Refrain from heavy lifting
- Subscapularis strengthening exercises including push up progression, internal rotation bands at varied abduction angles, and forward punches

Sample exercises below with additional exercises per therapist recommendation:

Exercise	Reps/Sets	Goal	Additional Information
Scapular Plane Raises	3 sets of 15 reps	2 times daily, 7 days/week	Work on mechanics
External Rotation at 30° Abduction	3 sets of 15 reps	2 times daily, 7 days/week	Use towel roll under arm and resistance bands
Sidelying External Rotation	3 sets of 15 reps	2 times daily, 7 days/week	Uses gravity for resistance
Prone Rowing at 30°/45°/90° Abduction	3 sets of 15 reps	2 times daily, 7 days/week	Row to neutral arm position

Weeks 10-12

Continue stretching and range of motion exercises as needed and maintain full non-painful active motion
Begin advanced muscular strengthening including overhead if motion and strength near normal below 90°
Progressive return to upper extremity weight training, caution against military press and wide-grip bench press

Weeks 12 and Beyond

Full release for unrestricted activtiy when motion and strength have returned without swelling

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.