

BICEPS TENODESIS REHAB GUIDELINES

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INDIVIDUAL CONSIDERATIONS: please check op report for information regarding procedure and sling usage; if more than 1 procedure follow more conservative protocol -- if RCR, then RCR protocol supersedes all other arthroscopic procedures

PHASE 1 (0-6 weeks)

Post-op day 14 PT eval:

- Remove post-op bandages!!!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid active ROM, use of ice

Sling Use

- Use constantly, only remove for showers/hygiene and pendulums/PT exercises; may begin to wean from sling at 2 weeks post op
- Sleep in sling for comfort

Goals at 2 weeks:

- Control inflammation and pain—cryocuff 3-4 times a day

THERAPEUTIC EXERCISES:

- PROM of elbow and shoulder
- AROM wrist and hand
- Progress to active assist elbow and shoulder as tolerated
- Gradually progress AROM of shoulder as tolerated (supine, s/l, and prone)
- Avoid active elbow flexion until 4 weeks
- Ball squeezes
- STM as indicated for pain-control – avoid scar massage
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM
- Submax isometric strengthening of shoulder and elbow per pt tolerance

PHASE 2: (6-10 weeks)

Criteria:

- Full PROM and AROM

Goals:

- Normalize strength and ROM
- Return to functional activities

THERAPEUTIC EXERCISES:

- AROM and PROM- all directions
- Posterior capsule stretching
- May begin light bicep curls and pro/supination strengthening
- Begin light strength activities- start with light tubing and progress to light DB (<5 lbs)
 - IR/ER with tubing (begin at side, towel roll under arm) and s/l with weight
 - Prone ITY, row
 - Standing ITY
 - D2 diagonal with TB, B ER with TB, hori abd with TB, wall walks, wall clocks, ball on wall, ect
- Rhythmic stabilization
- Exercises in open kinetic chain and closed kinetic chain (wall walks, wall clocks, ball on wall, SA wall slides, etc)
- No heavy lifting, focus on high rep (30-50) and low load (1-3#)
- Avoid anterior capsule stretching
- Correct compensations such as hiking of UT

PHASE 3: (10+ weeks)

Criteria:

- Full PROM and AROM, pain-free

Goals:

- Progress strengthening
- Return to sport with MD clearance and UE Y balance testing >95%

THERAPEUTIC EXERCISES:

- Stretching and PROM as needed
- Continue to progress strengthening- avoid ant capsule stretching, correct UT compensation and shoulder/scap hiking
 - Standing ITY
 - IR and ER with tubing—progress to 90/90
 - Body blade
 - TRX row, TY
 - Prone on swissball ITY
 - Prone row to ER to press
 - Progress weight machine (row, lat pull down, OH press, ect)