

PHYSICAL THERAPY PROTOCOLS

BICEPS TENODESIS

I. PHASE I – MOTION PHASE (WEEKS 0-4)

GOALS

- Decrease pain
- Retard muscle atrophy
- Achieve full range of motion

Brace Use: During the first 2 weeks, the patient wears sling/bolster 24 hrs/day except when in PT, showering or performing exercises at home.

MODALITIES

- Cryotherapy, interferential stimulation for pain control

PAIN PUMP AND DRESSING

- Remove pain pump at first therapy visit; patient may shower after these are removed

WEEKS 0-2

- Pendulum ex's
- Passive ROM: Flexion and abduction to tolerance
 - IR and ER @ 0 degrees of abduction, 45 degrees abduction, progressing to 90 degrees abduction
- Sub-maximal isometrics; No biceps
- Capsular stretches – mobilizations
- Cryotherapy, electrical muscle stimulation, modalities as needed

WEEKS 2-4

- PROM: Flexion, abduction, ER/IR
- AAROM – cane exercises all directions, start in supine, progress to standing
- Progressing isometrics
- Initiate sidelying ER with dumbbell
- Initiate tubing IR, ER, extension, scapular retraction
- Rhythmic stabilization drills
- Cryotherapy and modalities PRN

II. PHASE II – INTERMEDIATE PHASE (WEEKS 4-8)

GOALS

- 4+ or 5-/5 shoulder muscle strength
- Improve scapulohumeral rhythm
- Able to perform functional ADL's
- Full range of motion by Week 6 – increase to 3x/week if not achieving this goal

WEEKS 4-8:

- Continue ROM and flexibility program
- Initiate isotonic program with dumbbells (0 lbs. initially – progress as tolerated) @ Week 6
 - Flexion
 - Abduction
 - Full can (Scaption with ER)
 - Rows – LIGHT
 - Biceps – no weight until 6 weeks post-op then light
 - Triceps
- Initiate manual resistance exercises – PNF, Flex/Ext, Abd/Add – Light Resistance

III. PHASE III – MINIMAL PROTECTION PHASE (WEEKS 8-12)

- Continue flexibility and ROM program
- Initiate two handed plyometrics
- Continue with dumbbell/isotonic strengthening program
- Continue with tubing program may progress to 90/90
- Initiate more aggressive strengthening program
 - Push-up progression – standing then to knees
 - Lat pulldowns – In front only
 - Seated rows
- Continue to progress dynamic stabilization drills
- Initiate plyometrics two handed progress to one
- Begin sport specific conditioning program

IV. PHASE IV – RETURN TO ACTIVITY (WEEKS 12-16)

WEEKS 12-16

- Continue flexibility exercises
- Continue isotonic program
 - May initiate bench press – protected range
 - Shoulder press in front only
- Progress return to sport program/work simulation activities
- Gentle overhead strengthening
- Gradually progress activities to unrestricted participation (4-6 months)