

Sports Medicine

Biceps Tenodesis (Repair) Post Op Protocol

Timing of each phase varies based on: size of the tear, quality of tissue, length of time immobilized, strength/range of motion status, and expected performance/activity demands.

Slings:

- Full time for 3 weeks post-op
- OK to remove pillow for periods of time while sitting
- Wean from sling after 3-6 wks. Wear for safety.

Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

Activities of Daily

Living:

- Walking Encouraged
- Hand Functions 0-4 wks (ex. Typing)
- Driving Automatic 4-8 wks (No Meds)

Phase 1 - Protection/Range of Motion (Post-Op Weeks: 1-3)

A. Range of Motion

Active range of motion of the wrist and hand

Active range of motion of the Glenohumeral Joint (ONLY IF NO Rotator Cuff Repair)

NO Biceps Resistance

NO lifting or resisted supination (door knobs or jars)

Phase 2 - Range of Motion (Post-Op Weeks: 3-6)

A. Range of Motion

Continue range of motion exercises

NO resisted elbow flexion

Full Glenohumeral ROM (ONLY IF NO Rotator Cuff Repair)

Phase 3 – Strengthening (Post-Op Weeks: 6+)

A. Light Resistance

Continue range of motion exercises

Active Range of Motion of Elbow, Shoulder, Hand Wrist

Begin Light Elbow Range of motion (progress as tolerated)

Phase 4 – Return to Sports (Post-Op Weeks: 10+)

Gradual Return to sport

