



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

BICEPS TENODESIS

PHYSICAL THERAPY PROTOCOL

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Patient: _____

Date of Surgery: _____

Procedure: Right / Left Shoulder Biceps Tenodesis

Associated Procedure (circled if applicable):

Distal Clavicle Resection: *If this was done, avoid cross-body adduction x 8wks*

Acromioplasty: *If this was done, avoid shoulder abduction x 6wks*



___ Evaluate and Treat

___ Provide patient with home program

Frequency: _____ x/week x _____ weeks

Phase I (0-4 wks): *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Avoid resisted elbow motions until 4 wks.*

Weeks 0-1: Formal PT is not mandatory.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-4: Begin formal PT (2-3 x/wk).

- Sling at all times (except for hygiene and PT).
- ROM:
 - **Shoulder:** PROM → AAROM → AROM as tolerated, without restrictions (*unless acromioplasty and/or distal clavicle resections (see above)*)
 - Goals: full AROM if possible
 - **Elbow:** PROM → AAROM → AROM (flex/ext/sup/pron) as tolerated (but NO resistance)
 - Goals: full passive ROM (flex/ext)
 - Heat before, Ice after. Modalities as per PT discretion.
- Strengthening: **NO RESISTED ELBOW MOTIONS UNTIL >4 WKS POST-OP**
 - Grip strengthening OK

Phase II (4-12 wks): *Advance motion out of the sling and begin maintenance strengthening.*

- D/C sling if cleared by MD
- ROM: Advance AROM for elbow and shoulder in all directions (*depending on other procedures – see below*), with passive stretching at end ranges.
 - If distal clavicle resection done, may begin crossed-chest adduction after 8 wks; if acromioplasty done, may begin abduction after 6 wks.
 - Goals: full AROM elbow and shoulder by 3 months.
- Strengthening (only 3x/wk to avoid cuff tendonitis):
 - @ 6wks, start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

Phase III (3-12 months): *Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.*



- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- Strengthening/Activities:
 - Continue cuff/deltoid/periscapular strengthening:
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - Sports-related rehab and advanced conditioning
 - @ 4.5 months, throw from the pitcher's mound
 - @ 6 months, return to collision sports (hockey, football, etc.)
- Work:
 - Can resume heavy labor once full-strength/MMI achieved (usually by 6-12 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD