

BICEPS TENODESIS/SUBACROMIAL DECOMPRESSION PROTOCOL

*****NO MYOFACIAL RELEASE OR AGGRESSIVE SCAR TISSUE MASSAGE AT ALL *****

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 1-4 weeks	Sling for first 4 weeks	PROM → AAROM → AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed ROM goals: Full passive flexion and extension at elbow; full shoulder AROM	Heat before PT sessions; other physical modalities per PT discretion Encourage pronation/supination without resistance Grip strengthening Maintain shoulder motion by progressing PROM → AROM without restrictions No resisted motions until 4 weeks post-op
PHASE II 4-12 weeks	D/C sling	Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM	At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated At 6 weeks, begin scapular strengthening
PHASE III 3-12 Months			Only do strengthening 3x/week to avoid rotator cuff tendonitis Begin UE ergometer Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks. Begin sports related rehab at 3 months, including advanced conditioning Return to throwing and begin swimming at 3 months, Throw from pitcher's mound at 4 ½ months Collision sports at 6 months MMI is usually at 6 months