

Bicep Tenodesis

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General Considerations:

- Keep incisions clean and dry
- Wrap upper forearm as needed for swelling control
- Use sling to minimize bicep activity
- Cryotherapy for pain and inflammation.

Time Frame	Treatment	Goals
Passive Range of Motion 1-2 weeks	<p>No AROM of elbow, No excessive ER ROM/ stretching. Stop when you feel first end feel. No lifting with operative arm. No friction massage to tenodesis site. Limit use of UE despite lack or pain or symptoms</p> <p>Shoulder pendulum PROM elbow flex/ext, forearm supination/pronation AROM wrist/hand Begin shoulder PROM all planes to tolerance Scapular retraction, isometrics and clock ex Ball squeezes May return to computer based work</p>	<p>Minimize shoulder pain and inflammatory response. Achieve gradual restoration of PROM Ensure adequate scapular function</p> <p>Wean out of sling by the end of week 2-3.</p>
Active Range of Motion 4 weeks	<p>Gentle scar massage and use of scap pad for axillary incision Progress PROM to AAROM and AROM all planes to tolerance Lawn chair progression for shoulder AROM elbow flex/ext, pro/supination no resistance GH, scapulothoracic and spinal joint mobilization as indicated Begin Posterior capsule stretch (cross body adduction, sidelying sleeper)</p>	<p>Achieve gradual restoration of AROM Light waist level functional activities</p>
Strengthening 6-8 weeks	<p>Do not perform strengthening or functional activities in a given plane until patient has near full ROM and strength in that plane.</p> <p>Continue A/PROM of shoulder and elbow. Initiate bicep curls. Initiate resisted supination/pronation. Begin rhythmic stabilization drills. (IR and ER in scaption, flex/ext, abd/ad at various angles of elevation)</p> <p>Initiate balance strengthening, start high reps (30-50) Full can, sidelying ER with towel, ER manual resistance in scapular plane, Prone row at 30/45/90 abd to neutral arm position.</p> <p>Begin subscapularis strengthening (push up plus, cross body</p>	<p>Normalize strength, endurance and neuromuscular control Return to chest level full functional activities.</p> <p>Activities pain free and without substitution patterns.</p>

	<p>diagonals, IR resisted at 0,45,90 abd, forward punch</p> <p>Milestones to progress to phase IV RC and scapular strength for chest level activities Complete Phase III without pain</p>	
<p>Advanced strengthening phase Approx 10 weeks</p>	<p>Strengthening overhead if ROM and strength below 90° is good. Continue stretching and strengthening at least 4x week.</p> <p>With weight lifting avoid military press and wide grip bench press</p>	<p>PROM PRN Maintain full non-painful AROM Return to full strenuous activities Return to full recreational activities</p>