Physical Therapy Biceps Tenodesis
Post-Operative Therapy Plan

Date of Surgery: ________________

Surgeon: ________________

Date of Injury: ________________

Additional Considerations/Precautions (tissue quality, anchor type, etc): ________________

Sling: 1 week, then wean out. Remove for showering/dressing and PT exercises.

Next Follow Up with MD/PA: ________________
### BICEPS TENODESIS

**Precautions:**  
Hold AROM (flexion/supination) of elbow x 3 wks; Hold biceps/triceps with resistance x 8 wks  
Avoid ER with extension x 3 wks  
No lifting more than 3# x 3-6 wks, 5-8# x 6-12 wks

*Ideally patients should achieve the following milestones before advancing to the next stage.*

<table>
<thead>
<tr>
<th>Week</th>
<th>Intervention</th>
<th>Milestones</th>
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| 0-3  | Control pain and inflammation. Progressive, non-forceful PROM of shoulder in all planes.  
PROM of elbow.  
Wrist/hand AROM.  
Postural education/Scapular retraction exercises. | Good pain management  
Full PROM elbow  
Full wrist/hand ROM  
Shoulder PROM progressing without stiffness |
| 3-6  | Continue postural and scapular exercises.  
Add manual resistance for scapular exercises.  
Begin AAROM/AROM for shoulder and elbow.  
Initiate isometrics, progressing to PREs (theraband) at 4 wks.  
Begin gentle closed chain exercises (quadruped). | Full shoulder ROM at 4 wks |
| 6-8  | Begin rhythmic stabilization exercises.  
Progress scapular exercises (prone).  
Progress closed chain exercises as tolerated.  
Able to return to run if non-painful. | Functional activities at or below chest level |
| 8-10 | Begin elbow PREs for flexion, extension, supination.  
Continue scapular exercises.  
Progress closed chain exercises to full weight bearing.  
Begin PNF patterns. | Strength progressing without pain |
| 10-12| Initiate gym program  
- Always see back of hand  
- Low weight/high reps  
Progress PREs – theraband exercises at 90/90.  
Plyometric ball drills | 4/5 Strength or greater |
| 12+ (3 mo) | Begin overhead strengthening.  
Continue strengthening program.  
Begin interval throwing program if cleared by physician. | Overhead athletes and manual laborers:  
0/10 pain score  
Full ROM  
5/5 strength  
Pass functional testing |