

## PROXIMAL BICEPS TENODESIS

### Sling 4 weeks

#### Weeks 1-4 (Passive Range of Motion Phase)

##### Goals:

- Achieve gradual restoration of passive range of motion (PROM), limit full elbow extension immediately
- Enhance/ensure adequate scapular function

##### Precautions/Patient Education:

- IF PATIENT HAD DISTAL CLAVICLE IN CONJUNCTION: No abduction or 90/90 external rotation until 4 weeks postop
- NO active range of motion (AROM) of the elbow
- NO excessive external rotation range of motion (ROM) / stretching. Stop when you feel the first end feel.
- Use of a sling to minimize activity of biceps x 3 weeks
- NO lifting of objects with operative shoulder
- No friction massage to the proximal biceps tendon / tenodesis site

##### Activity:

- Shoulder pendulum
- PROM elbow flexion/extension and forearm supination/pronation
- AROM wrist/hand
- ACTIVE Pain free shoulder PROM all planes to tolerance
- Scapular retraction and clock exercises for scapula mobility progressed to scapular isometric exercises

#### Weeks 5-6 (Active Range of Motion Phase)

##### Goals:

- Achieve gradual restoration of AROM
- Begin light waist level functional activities

##### Precautions:

- No lifting, pushing, pulling

##### Activity:

- Begin gentle scar massage and use of scar pad for anterior axillary incision
- Progress shoulder PROM to active assisted to active range of motion all planes to tolerance
- NO resistance exercises. Active elbow flexion/extension and forearm supination/pronation
- Begin incorporating posterior capsular stretching as indicated

#### Weeks 7-9 (Strengthening Phase)

##### Goals:

- Normalize strength, endurance, neuromuscular control

- Return to chest level full functional activities

**Precautions:**

- Do not perform strengthening or functional activities in a given plane until the patient has near full ROM and strength in that plane of movement

**Activity:**

- Continue A/PROM of shoulder and elbow as needed/indicated
- Initiate biceps curls with light resistance, progress as tolerated
- Initiate resisted supination/pronation
- Begin rhythmic stabilization drills
  - External rotation (ER) / Internal Rotation (IR) in the scapular plane

**Week 10 and up (Advanced Strengthening Phase)**

**Goals:**

- Continue stretching and PROM as needed/indicated
- Maintain full non-painful AROM
- Return to full strenuous work and recreational activities 3 months

**Precautions:**

- Avoid excessive anterior capsule stress

With weight lifting, avoid military press and wide grip bench press.