

Biceps Tenodesis

Dr. Staiger

***General considerations: Sling for 4-6 weeks**

***No lifting greater than 15# for 3 months**

Time Frame	Treatment	Goals
Phase I Post-Op Day #2	<ul style="list-style-type: none"> Remove dressing and check for signs/symptoms of infection Encourage icing HEP: scapular retraction and AROM for the hand, wrist, and elbow for edema control Gentle PROM to the shoulder and elbow are ok Sling on at all times except showers 	<ul style="list-style-type: none"> Edema control
Phase II 2-6 Weeks	<ul style="list-style-type: none"> Modified Codman's pendulum exercises and AAROM to the elbow Full PROM to the shoulder and elbow Shoulder strengthening as tolerated No lifting. May begin weaning out of sling at 4 weeks and begin ADLs 	<ul style="list-style-type: none"> full ROM
Phase III 6+ Weeks	<ul style="list-style-type: none"> If pain has been a limiting factor, begin more aggressive PROM/stretching exercises PROM to full in all directions Progress elbow AAROM to AROM to strengthening as tolerated 	<ul style="list-style-type: none"> Full ROM Full strength
**For shoulder surgeries:	<ul style="list-style-type: none"> * RTC repair restrictions/activities trumps biceps tenodesis * Biceps tenodesis restrictions/activities trumps decompression 	