Arthroscopic Bicep Tenodesis

PHYSICAL THERAPY PROTOCOL

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MOUNTAIN ORTHOPAEDICS

General:

- Cryotherapy to be emphasized.
- Showering at 72 hrs
- Desk work when comfortable with elbow supported/sling
- HEP weeks 1-2
  - Pendulum
  - Elbow/Wrist/Hand ROM
  - Scapula exercises
- Formal PT to begin 2-3 wks post op.
- Driving
  - No resisted use of the bicep, may drive once off pain medication and competent
- **GOAL:** Allow for early active use of shoulder while protecting bicep repair

	Week	1	2	3	4	5	6	7	8	9	10	11	12
PROM	Flexion	As tolerated, full by week 4-6											
	Abd/Ext	As tolerated, full by week 4-6											
	IR/ER	Progress as tolerated, full by week 6-8											
AAROM				All motions as tolerated (pulley, cane, wand)									
AROM	Flexion/ Abd/IR/ER/ Ext	NONE		AROM as tolerated No bicep resistance Caution: ADL's Only light lift/push/pull (<5 lbs)				Progressive resistive exercises, begin with low resistance					
Sling		Plain sling		Discontinue use of sling									

Strengthening and Conditioning

Phase1: Weeks 0-6	Phase 2: Weeks 6-12	Phase 3: Weeks 12+
Elbow/Wrist/Hand: • AROM as tolerated **Shoulder:** • Small pendulum exercises • Isolated scapular strengthening **<u>2 weeks</u>** • Submaximal isometrics with elbow flexed for flexion, abduction, extension, internal rotation and external rotation.	• Resisted exercise: RC, Deltoid, Lat, Trap, Peri scap • Isotonic external rotation • Prone/sidelying exercises • Light biceps/triceps • Rhythmic stabilization • Progressive resistive exercises (PREs) • Daily stretching until full symmetric ROM.	• Phase II exercises plus begin: • Plyometric exercises • Sport specific exercises **<u>12 weeks</u>** • Bicep resistance max 10 lbs • Gradual increase to resistance **<u>4-6 months</u>** • Return to sport with MD approval

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