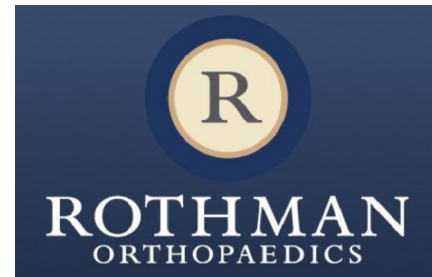


Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



BICEPS TENODESIS PHYSICAL THERAPY PROTOCOL

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Biceps Tenodesis Subacromial Decompression Acromioplasty

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks
_____ Weeks 1-4:

Sling for first 4 weeks

PROM→AAROM→AROM of elbow without resistance. This gives biceps tendon time to heal into new insertion site on humerus without being stressed

Encourage pronation/supination without resistance

Grip strengthening

Maintain shoulder motion by progressing PROM→AROM without restrictions

ROM goals: Full passive flexion and extension at elbow; full shoulder AROM

No resisted motions until 4 weeks post-op

Heat before PT sessions; other physical modalities per PT discretion

_____ Weeks 4-12:

D/C sling

Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM

At 6 weeks begin light isometrics w/ arm at side for cuff and deltoid; can advance to bands as tolerated

At 6 weeks, begin scapular strengthening

_____ Months 3-12:

Only do strengthening 3x/week to avoid rotator cuff tendonitis

Begin UE ergometer

Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.

Begin sports related rehab at 3 months, including advanced conditioning

Return to throwing and begin swimming at 3 months,

Throw from pitcher's mound at 4 months

Collision sports at 6 months

MMI is usually at 6 months

____ Functional Capacity Evaluation ____ Work Hardening/Work Conditioning ____ Teach HEP

Modalities

____ Electric Stimulation ____ Ultrasound ____ Iontophoresis ____ Phonophoresis ____ Heat before

____ Ice after ____ Trigger points massage ____ TENS ____ Therapist's discretion

Signature _____ Date _____