

ARTHROSCOPIC BICEP TENODESIS REHAB PROTOCOL

WEEK 0 - 8

- No resistance with elbow flexion and supination for 8 weeks
 - AAROM advance to AROM as tolerated when pain free with pulley and cane with emphasis on elevation in the plane of the scapula and external rotation. Home program, two times daily for fifteen minutes per session. Instruct patient in pulley use sitting or standing; cane use standing, sitting and supine. Clinic instruction and review during this time period usually limited to three to five visits.
 - Early RTC eccentrics below 90 degrees
 - Scapular mobility and control • Limit lifting with operative arm to 5 lbs in all planes
 - Progressive PRE as tolerated. Free weights or theraband within limits of pain.
 - Home program daily

WEEK 8 - 10

- 10 lbs lifting maximum in operated hand.
- Progressive PRE as tolerated. Free weights or theraband within limits of pain. Home program daily.
- Functional movement patterns and isolated cuff conditioning.

WEEK 10 - 12

- PRE with free weights, sports cord, and/or upper extremity ergometer. Initiate an progress plyometrics. Increase endurance and strength. Goal: full recovery by 12 weeks postop.

Week 12 - 24

- Home maintenance program.