

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## Biceps Tenodesis

### General:

- Sling for comfort, discontinue as tolerated. (days to one week)
- All ROM for weeks 0-6 performed with elbow flexed
- May advance rehab as rapidly as motion and pain allows

### Phase 1 – Passive

#### Week 1:

- *Pendulums to warm up beginning week 1*
- *Passive range of motion*
- Begin active scapular retraction/protraction exercises with therapist cueing
- PROM and AAROM as tolerated
- Supine External Rotation – Full
- Supine Forward Elevation – Full (with elbow flexed)
- Supine Internal Rotation - Full

### Phase 2 – Active

#### Week 2:

- *Pendulums to warm-up*
- *Active range of motion with terminal stretch*
- Supine to Start -> Seated External Rotation
- Supine to Start -> Seated Forward Elevation (with elbow flexed)
- Internal Rotation

### Phase 3 – Resisted

#### Week 3-6:

- *Pendulums to warm-up and continue with Phase 2*
  - External and Internal Rotation
  - Standing forward punch
  - Seated rows
  - Shoulder shrugs/Bear Hugs
- \*\* NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS\*\*

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## Weight Training

### Week 6:

- Light Bicep curls/resisted supination gradually progressed to pre-morbid levels
- Keep hands within eyesight, Keep elbows bent.
- Minimize overhead activities
- (No military press, pull-downs behind head, or wide grip bench)
- Gradual progression of resistance controlling velocity, duration, intensity and frequency

## Return to Activity

Computer      Early-days

Golf              4 weeks (chipping and putting), 2-3 months (full swing)

Tennis           2 months

Contact Sports 4 months

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