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REHAB PROTOCOL: OPEN SUBPECTORAL BICEPS TENODESIS

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (protection phase): Weeks 1-4

Precautions:

- **NO** body blade, weights or upper body ergometer in the Phase I and initial strengthening phase
- **AVOID** shoulder extension (arm at side or in abduction) and excessive ER
- **NO** full passive extension of elbow
- **NO** resisted motions of elbow in phase I
- **NO** frictional massage or tissue mobilization at the site of biceps tenodesis
- **Walking or stationary biking allowed** with arm in sling
- **NO treadmill, running or elliptical**

Exercises

- Sling at all times for first 4 weeks except for showering and rehab under guidance of PT
- Therapeutic modalities: ice, heat
- **Elbow**
 - No active elbow ROM (need to protect the repair) for first 2 weeks, AAROM may begin week 3
 - Therapist supervised PROM of elbow
 - Goal: Full flexion, Full flexion, pronation-supination with elbow in flexion
- **Hand and wrist:** Active ROM of wrist, and fingers allowed (no resisted exercises or weights-reflex contraction of the biceps)
- **Shoulder:**
 - Therapist supervised PROM and AAROM of shoulder with elbow bent

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- **NO** shoulder external rotation > 30 and **NO** shoulder extension (stretches the short head and therefore the repair)
- **Scapular:** Closed chain scapular exercises (Scapular shrugs, protraction, retraction and depression)
- Teach HEP

Phase II (Active ROM phase): Weeks 4-10

Precautions:

- **NO** body blade, weights or upper body ergometer in the Phase II
- **NO lifting weights**
- **NO** frictional massage or tissue mobilization at the site of biceps tenodesis
- **NO treadmill, running or elliptical**

Exercises

- Discontinue sling
- Therapeutic modalities: ice, heat
- **Elbow**
 - Begin active ROM for elbow in all directions
- **Hand and wrist:** Active ROM of wrist, and fingers allowed
- **Shoulder: Starting at 6 weeks**
 - Advance to AROM of shoulder
- **Scapular exercises:** Begin scapular strengthening at 6 weeks
- Teach HEP

Phase III (strengthening phase): Week 10 and beyond

Precautions

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- **NO** heavy lifting

Exercises

- **Elbow**
 - Start with isometrics (10 weeks) and advanced to therabands and light weights (12 weeks)
 - Gentle passive stretching at end ranges to maintain or increase biceps and elbow flexibility and ROM
- **Shoulder:** RC strengthening with bands and weight
- **Scapular exercises:** Scapular strengthening



- Teach HEP
- Treadmill and running allowed
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing 3 months
- Throwing from a mound at 4.5 months
- Return to sports at 6 months if approved

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments: *Revision Biceps tenodesis Phase I is extended for 2 more weeks and rest of the rehab follows a 2 week delayed protocol**

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____