



PHYSICAL THERAPY SECTION

BICEP TENODESIS

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 7

Sling x 6 weeks – Even while sleeping
Place pillow under shoulder / arm while sleeping for comfort
NO RESISTED Shoulder Abduction/Flexion or Elbow Flexion/Supination x 6 wks.
Hand squeezing exercises
Elbow and wrist active motion (AROM) with shoulder in neutral position at side
Supported pendulum exercises
Shoulder shrugs / scapular retraction without resistance
Ice pack

Goals – pain control/protection

Week 1 - 6

Continue sling x 6 weeks
Continue appropriate previous exercises
Full pendulum exercises
AROM/AAROM as tolerated (pulleys/wand/wall walks)
1-2 Finger Isometrics x 6 (fist in box)
Stationary bike (must wear sling)

Goal – Full AROM

Weeks 6 – 9

D/C Sling
Continue appropriate previous exercises
Rotator cuff strengthening with Theraband
– ER and IR arm at side with rolled towel in axilla
– Flexion to 60 degrees
– Abduction to 60 degrees
– Scaption to 60 degrees
– Extension to 30 degrees
Standing rows with Theraband
Resistive elbow / wrist exercises with light dumbbell
Push-up progression – Wall, etc
Body Blade
Ball on wall (arcs, alphabet)
BAPS / BOSU on hands
UBE – Forwards and backwards at low resistance
Elliptical trainer
Stairmaster
Pool walking / running – No UE resistive exercises

Goals – 30 wall push- ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance
PROM / mobilization as needed to regain full ROM
Seated row weight machine with light weight
Push-up progression – Wall to table
Ball toss with arm at side using light ball
Treadmill – Running progression program
Pool therapy – With UE resistance

Goal – Rotator cuff strength WNL

Months 3 – 4

Continue appropriate previous exercises
Fitter on hands
Ball toss overhead
Weight training with light resistance (no overhead press, pull downs, lateral lifts)
Push-up progression – Table to chair

Goals - Run 2 miles at easy pace, 30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises
Push-ups, regular
Sit-ups
Gravitron – Pull-ups and dips
Swimming
Running progression to track
Progressive weight training program
Transition to home / gym program

Goals

Resume all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

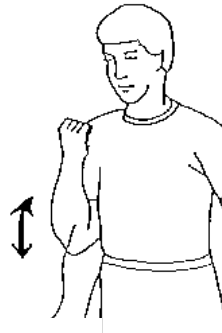
Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

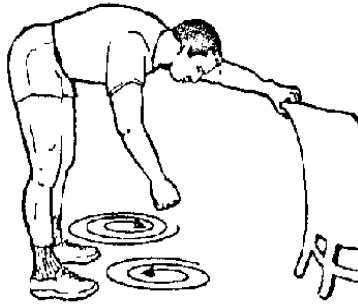
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

