

OPEN OR ARTHROSCOPIC BICEPS TENODESIS

PRECAUTIONS: **No heavy object lifting overhead**
 No jerking movements
 Do not use affected shoulder in sitting or rising
 No isolated biceps for 8 weeks

I. Immediate Motion Phase (0-2 weeks)

Goals:

Re-establish non-painful ROM
Retard muscular atrophy
Re-establish dynamic stabilization
Decrease pain/inflammation

Week One

Range of Motion:

- Pendulums
- Rope and pulley (non painful arc of motion)
- L-bar exercises (Elevation in scapular plane and ER/IR beginning at 30 degrees abduction and progressing to 45 degrees abduction)

Strengthening exercises:

- Isometrics-flexion, extension abduction, ER, IR
- Rhythmic stabilization exercises (ER/IR and extension)

Decrease pain/inflammation:

- Ice, NSAIDS, modalities

Week Two

- Continue all Rom exercises
- May initiate heat prior to exercise
- Initiate ER/IR with L-bar at 90 degrees abduction
- Progress elevation to full Rom
- Progress isometrics
- Initiate ER/IR tubing at 0 degrees abduction

II. Immediate Phase (Week 2-6)

Goals:

Regain and improve muscular strength
Normalize arthrokinematics
Improve neuromuscular control of the shoulder complex
Diminish pain

Criteria to progress to Phase II:

- 1) Full ROM
- 2) Minimal pain and tenderness
- 3) Good MMT or IR, ER, flexion

Week 2-3

Exercises:

- Initiate isotonic program (no weight)
- Shoulder elevation
- Prone rowing
- Prone horizontal abduction
- Sidelying ER
- Shoulder abduction to 90 degrees
- Shoulder extension to neutral

- After one week, provided patient has no pain and proper form, initiate exercise with 1 pound weight

- Normalize arthrokinematics of shoulder complex
 - Continue L-bar ROM
 - Elevation in scapular plane
 - ER/IR at 90 degrees abduction

- Joint mobilization: Inferior, posterior and anterior glides

Decrease pain and inflammation:

- Continue use of modalities, ice as needed
- May use heat prior to exercise program

Week 4-5: Progress to fundamental shoulder exercise program

III. **Dynamic Strengthening Phase (Week 6-12)**

Goals:

Improve strength/power/endurance
Improve neuromuscular control
Prepare athlete to return to sport

Criteria to progress to Phase III

- 1) Full non-painful TOM
- 2) No pain or tenderness
- 3) Strength 70% compared to contralateral side

Week 6-8

Exercises:

- Continue isotonic program – fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
- Continue endurance exercises

Week 9-12

- Continue all exercises
 - Initiate plyometric activities (2 hand chest pass, side to side throws, soccer throws)
 - Initiate sport program (week (10-12) if patient achieves specific criteria
 - Initiate isolated biceps isometrics
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IV. Return to Activity Phase (13-22)

Goals: Progressively increase activities to prepare for full functional return

Criteria to progress to Phase IV

- 1) Full ROM
- 2) No pain or tenderness
- 3) Satisfactory muscular strength
- 4) Satisfactory clinical exam

Exercises:

- Continue ROM and strengthening program
 - Continue self capsular stretches as needed
 - Continue fundamental shoulder exercise program
 - Initiate biceps isotonic
 - Initiate one hand plyometric drills (wall dribbles, baseball throws, shovel throws)
 - Continue or initiate interval sports program
 - Gradually return to overhead activities i.e. sports
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