Open/Arthroscopic Biceps Tenodesis or Tenotomy

• Important!!! – Please read before treating the patient
  o Therapy should be pain free
  o Each patient is different and may take longer to recover than these guidelines
  o A stiff shoulder is part of the healing process and should NOT be pushed

I. Immediate Motion Phase (0-2 weeks)

Precautions: No heavy object lifting overhead
No jerking movements
Do not use affected shoulder in sitting or rising
No isolated biceps for 12 weeks

Goals: Re-establish non-painful ROM
Retard muscular atrophy
Re-establish dynamic stabilization
Decrease pain/inflammation
Protect the biceps tendon

I. Day 1 - 14

Range of Motion:
• Pendulums
• Gentle Grade I and II joint mobilizations
• Supine PROM initially
• AAROM wand exercises when appropriate
  o Flexion to tolerance
  o ER with wand into scapular plane to tolerance

Strengthening exercises:
• Isometrics- extension, abduction, ER, IR

Decrease pain/inflammation:
• Ice, NSAIDS, modalities

II. Immediate Phase (Week 3-6)

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 3-4 (Continue to protect the biceps tendon)

Exercises:
- May initiate heat prior to exercise
- Continue with PROM and Joint Mobilizations
- Initiate ER/IR tubing at 0 degrees abduction
- Prone rowing
- Prone horizontal abduction
- Sidelying ER
- Shoulder extension to neutral
- Gentle rhythmic stabilization exercises (ER/IR)
- Normalize arthrokinematics of shoulder complex
  - Continue wand ROM
  - ER/IR in scapula plane
- Begin pulleys into flexion and scaption (pain free)

Decrease pain and inflammation:
- Continue use of modalities, ice as needed

Week 5-6:
- Shoulder abduction to 90 degrees in front of mirror for feedback
- Eliminate scapular substitution

III. Dynamic Strengthening Phase (Week 7-12)

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

Criteria to progress to Phase III
1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% compared to contralateral side

Week 7-12
- Continue isotonic program - fundamental shoulder
- Progress strengthening exercises
- Continue neuromuscular control exercises for scapular muscles
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 isotonics**
- 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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