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**Open/Arthroscopic Biceps Tenodesis or Tenotomy**

- **Important!!! – Please read before treating the patient**
  - Therapy should be pain free
  - Each patient is different and may take longer to recover than these guidelines
  - 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
  - Flexion to tolerance
  - 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 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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