

Bonnie P. Gregory, MD
BICEPS TENODESIS
REHABILITATION PROTOCOL

	Range of Motion	Sling	Strength
PHASE 1 1-4 weeks	<p>PROM → AAROM → AROM of elbow without resistance.</p> <p>Encourage pronation/supination without resistance</p> <p>Maintain shoulder motion by progressing PROM → AROM without restrictions</p> <p>ROM goals: Full passive flexion and extension at elbow; full shoulder AROM</p>	Sling worn at all times	Grip strengthening
PHASE 2 4-12 Weeks	<p>Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM</p>	Discontinue Sling, use for comfort and wean	<p>At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated</p> <p>At 6 weeks, begin scapular strengthening</p>
PHASE 3 3-12 Months	Full	None	<p>Only do strengthening 3x/week to avoid rotator cuff tendonitis</p> <p>Begin UE ergometer</p> <p>Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.</p> <p>Begin sports related rehab at 3 months, including advanced conditioning</p> <p>Return to throwing and begin swimming at 3 months,</p>

For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:
Phone: 713-486-7080
Fax: 713-452-4143

<https://www.bonniegregorymd.com/>