

Subpectoral Biceps Tenodesis Postoperative Rehab Protocol

Phase I: Weeks 0-4

- Sling immobilization for comfort. You may discontinue the sling when you feel comfortable without it
- Range of Motion: PROM → AAROM → AROM of shoulder and elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed), AROM of shoulder (no restriction)
 - Goals: full passive flexion/extension at elbow and full shoulder AROM
 - Encourage pronation/supination without resistance
 - Grip strengthening
- Heat/Ice before and after PT sessions

Phase II: Weeks 4-12

- Discontinue sling immobilization if not discontinued already
- Range of Motion
 - Begin AROM of shoulder and elbow with passive stretching at end ranges to maintain/increase flexibility
- Therapeutic Exercise
 - Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
 - Begin light resistive biceps strengthening at **6-8 weeks**
- Modalities per PT discretion

Phase III: Months 3-6

- Range of Motion – Maintain full AROM of shoulder and elbow without discomfort
- Therapeutic Exercise
 - Continue and progress with Phase II exercises
 - Begin UE ergometer
 - Begin sport-specific rehabilitation
 - Return to throwing at 3 months
 - Throwing from a mound at 4.5 months
 - Return to sports at 6 months if approved
- Modalities per PT discretion