

BICEPS TENODESIS PHYSICAL THERAPY PRESCRIPTION

Diagnosis: S/p (Left / Right) Shoulder Arthroscopic/Open Biceps Tenodesis

Date of surgery: _____

PHASE 1 (0 to 4 WEEKS):

GOALS:

Pain and swelling control
Begin passive ROM

EXERCISES/RESTRICTIONS:

Sling on at all times except for bathing/exercise
Pendulum exercises
Passive supine elevation and ER
Passive elbow ROM, no active elbow flexion
Wrist/gripping exercises
Deltoid isometrics

PHASE 2 (4-6 WEEKS):

GOALS:

Continued healing
Increase ROM

EXERCISES/RESTRICTIONS:

Increase passive supine ROM with goal to achieve full shoulder ROM by 8 weeks
Continue wrist/gripping exercises
Continue deltoid isometrics
Begin lower extremity and core strengthening
Modalities prn

PHASE 3 (6-12 WEEKS):

GOALS:

Restore active ROM
Begin strengthening

EXERCISES/RESTRICTIONS:

Progress flexion
6-10 weeks, gradual A/AA/PROM to improve ER with arm at side
10-12 weeks, gradual A/AA/PROM to improve ER with arm in 45° abduction
AAROM to restore flexion, IR, and adduction
Deltoid, rotator cuff isometrics progressing to isotonics

PREs for scapular muscles, latissimus, biceps, triceps
Keep all strength exercises below horizontal plane in this phase

PHASE 4 (12-18 WEEKS):

GOALS:

Resume normal activities
Resume work/sport by week 18

EXERCISES/RESTRICTIONS:

Continue AROM activities to restore normal ROM and restore scapulohumeral rhythm
Aggressive scapular stabilization and eccentric strengthening exercises
PRE for all upper extremity musculature
Advance functional exercises

Evaluate and treat per therapist plan.
Please follow the protocol as directed and call the office with questions or renewals.
**Please send progress notes.

NAME OF PATIENT: _____

Treatment: ____ times per week **Duration:** ____ weeks ____ Home Program

Physician's Signature: _____ Date: _____

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