

Dr. Bercik Biceps Tenodesis Rehab Protocol

Patient restrictions:

- 0 - 6 weeks: No work, no use of operative hand
 - 6 weeks - 3 months: Nothing in operative hand heavier than a fork/knife/toothbrush. Cleared to return to work for opposite hand work only.
 - 3 months: No lifting greater than 10 pounds, only occasional overhead reaching
 - 4.5 months: Released from restrictions, return to work full duty
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0 – 2 weeks: Wound rest / Immobilization

- Sling at all times except exercises
- Elbow/Wrist/Hand Exercises 3-5 times per day
 - PASSIVE only at elbow
 - ACTIVE/PASSIVE are both okay at wrist/hand
- JPL Exercises Phase I after first week

2 - 6 weeks: Maintain Motion & Advance activity

- Formal PT to monitor patient progression.
- Transition to Phase II of JPL Exercises when comfortable with phase I (usually 1-2 weeks)
- Patient should attempt 3-5 sets of JPL exercises per day. Each set should involve 5 repetitions.
- Scapular protraction and retraction exercises
- Table slides
- Elbow/Wrist/Hand Exercises – Active ROM ok at elbow after week 4
- After 4 weeks, wear the sling at night only

6 weeks - 3 months: Regain ROM

- Sling may be removed entirely
- Begin Phase III of JPL Exercises
 - If warm pool available, begin pool exercises
- Goal is full ROM at the end of 3 months
- Begin gentle strengthening exercises with theraband: internal rotation, external rotation, low row
- Progressive resisted exercise's (PREs) for scapular stabilizers (seated rows, shoulder extension, scapular retraction)

3 months: Strengthening

- Begin biceps curls and biceps strengthening exercises
- Begin sport-specific training
- Progress PREs in all planes
- Normalize strength, endurance, neuromuscular control and power
- Continue JPL exercises at home as necessary to retain ROM

Goals to Progress to Return to Sport

1. Progress functional activities towards return to activity or sport
2. Enhance neuromuscular control
3. Improve strength, power, and endurance
4. Muscular strength no less than 80% of contralateral side
5. Full functional ROM
6. 5/5 scapular and rotator cuff strength