

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Proximal Biceps Tenodesis (open or arthroscopic)

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
 - Wean from sling at 2 weeks
- POD 7-14: Formal PT AND three times daily (TID) home exercise program (HEP)
 - Unrestricted shoulder AA/PROM, rhomboid isometrics
- No lifting > weight of coffee cup
- Core strengthening for athletes

Phase 2: Week 6-12

- Begin AROM
- Phase 1 cuff, biceps and triceps strengthening once ROM full.
- No lifting > 5 lbs

Phase 3: Week 12-16

- Continue stretching and strengthening as tolerated
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment



More info: twincitiesshoulderandelbow.com/proximalbiceps/



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