





## 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/



twincitiesshoulderandelbow.com/patienteducationdocuments/

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.