TWIN CITIES ORTHOPEDICS

Biceps Tenodesis
David E. Hartigan, M.D.

Patient Name	Date of Surgery

Procedure: ☐ Right ☐ Left ☐ Shoulder Biceps Tenodesis
Associated Procedure: *(check if applicable)* ☐ Distal Clavicle Resection: *If this was done, avoid cross-body adductio x 8wks*
☐ Acromioplasty: *If this was done, avoid shoulder abduction x 6wks*

☐ **Evaluate and Treat**   ☐ **Provide patient with home program**
Frequency:_____x/week   x   _____weeks

☐ **Phase I (0-4 wks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Avoid resisted elbow motions until 4 wks.*
- **Weeks 0-1: Formal PT is not mandatory.**
  - Sling at all times (except for hygiene and pendulums).
  - Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).
- **Weeks 1-4: Begin formal PT (2-3 x/wk).**
  - Sling at all times (except for hygiene and PT).
  - ROM:
    - **Shoulder:** PROM ɡ AAROM ɡ AROM as tolerated, without restrictions (unless acromioplasty and/or distal clavicle resections (see above))
      - Goals: full AROM if possible
    - **Elbow:** PROM ɡ AAROM ɡ AROM (flex/ext/sup/pron) as tolerated (but NO resistance)
      - Goals: full passive ROM (flex/ext)
    - Heat before, Ice after. Modalities as per PT discretion.
  - Strengthening: NO RESISTED ELBOW MOTIONS UNTIL >4 WKS POST-OP
    - Grip strengthening OK

☐ **Phase II (4-12 wks):** *Advance motion out of the sling and begin maintenance strengthening.*
- D/C sling if cleared by MD
- ROM: Advance AROM for elbow and shoulder in all directions *(depending on other procedures – see below)*, with passive stretching at end ranges.
  - If distal clavicle resection done, may begin crossed-chest adduction after 8 wks; if acromioplasty done, may begin abduction after 6 wks.
  - Goals: full AROM elbow and shoulder by 3 months.
- Strengthening (only 3x/wk to avoid cuff tendonitis):
  - At 6wks, start periscapular and cuff/deltoid isometrics at side; progress to bands as tolerated.

☐ **Phase III (3-12 months):** *Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.*
- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM if not already achieved.
- Strengthening/Activities:
  - Continue cuff/deltoid/periscapular strengthening:
    - Advance as tolerated from isometrics ɡ bands ɡ light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers *(Only do this 3x/wk to avoid cuff tendonitis)*
    - Begin eccentrically resisted motions, plyometrics *(weighted ball toss)*, proprioception *(body blade)*
    - Sports-related rehab and advanced conditioning
  - At 4.5 months, throw from the pitcher's mound
  - At 6 months, return to collision sports (hockey, football, etc.)
- Work:
  - Can resume heavy labor once full-strength/MMI achieved (usually by 6-12 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.
This patient_____would_____would not benefit from social services.

Physician Signature   Date

Printed Name