



Mercy Sports Medicine Institute &
Joint Preservation Center

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BICEP TENODESIS

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Post-op Days 1 – 7

Sling x 6 weeks – Even while sleeping

Place pillow under shoulder / arm while sleeping for comfort

NO RESISTED Shoulder Abduction/Flexion or Elbow Flexion/Supination x 6 wks. Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Shoulder shrugs / scapular retraction without resistance

Ice pack

Goals – pain control/protection

Week 1 - 6

Continue sling x 6 weeks

Continue appropriate previous exercises

Full pendulum exercises

AROM/AAROM as tolerated (pulleys/wand/wall walks)

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike (must wear sling)

Goal – Full AROM

Weeks 6 – 9

D/C Sling

Continue appropriate previous exercises

Rotator cuff strengthening with Theraband

– ER and IR arm at side with rolled towel in axilla

– Flexion to 60 degrees

– Abduction to 60 degrees

– Scaption to 60 degrees

– Extension to 30 degrees

Standing rows with Theraband

Resistive elbow / wrist exercises with light dumbbell

Push-up progression – Wall, etc

Body Blade

Ball on wall (arcs, alphabet)

BAPS / BOSU on hands

UBE – Forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

Goals –

30 wall push-ups

Weeks 9 – 12

Continue appropriate previous exercises with increased resistance

PROM / mobilization as needed to regain full ROM

Seated row weight machine with light weight

Push-up progression – Wall to table

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool therapy – With UE resistance

Goal – Rotator cuff strength WNL

Months 3 – 4

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Weight training with light resistance (no overhead press, pull downs, lateral lifts)

Push-up progression – Table to chair

Goals - Run 2 miles at easy pace, 30 chair push-ups

Months 4 – 6

Continue appropriate previous exercises

Push-ups, regular

Sit-ups

Gravitron – Pull-ups and dips

Swimming

Running progression to track

Progressive weight training program

Transition to home / gym program

Goals

Resume all activities at 6 months post-op

No contact sports until 6 months post-op