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### Physical Therapy Prescription-Biceps Tenodesis

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: R / L arthroscopic RCR DOS: \_\_\_\_\_

#### Weeks 0-4 **Phase I-Protective Phase**

**Sling:** Must wear sling at all times except for hygiene

**Range of Motion:**

- Elbow ROM as tolerated w/o resistance
- Shoulder PROM-AAROM-AROM as tolerated (Incl IR)
- Capsular mobilizations OK
- ***If concomitant DCR performed, avoid cross-body adduction for 8 weeks***

**Exercises:** pendulums, elbow, grip as tolerated

- ***No resistance exercises during Phase I***

**Modalities:** per therapist

#### Weeks 4-12 **Phase II**

**Sling:** Discontinue sling 6 weeks post-op

**Range of Motion:** increase ROM in all directions as tolerated

- ***If concomitant DCR performed, avoid cross-body adduction for 8 weeks***

**Exercises:** phase I, plus

- Deltoid and cuff isometrics with arm by side
- Begin scapular strengthening
- May begin light biceps strengthening 8 weeks post-op as tolerable. Low weights, high reps.
- 1 day of rest between strengthening

**Modalities:** per therapist

#### Weeks 12-24 **Phase III**

**Range of Motion:** Full in all directions

**Exercises:** Phase II, plus

- UBE, eccentrically resisted movements, close chain strengthening
- Return to sports after 12 weeks