

**PROXIMAL BICEPS TENODESIS AND TENOTOMY
WITHOUT RC REPAIR
(WITH RC REPAIR – SEE BELOW)
SHOULDER REHABILITATION
Dr. Bienz**

IMMEDIATELY POST-OP, DOS: _____

- Immobilized in sling for 4 weeks
- Passive range of motion
 - Passive flexion, active extension
 - Passive supination, active pronation
 - ROM to shoulder girdle to full.
 - Progress shoulder to active after 1-2 weeks if NO cuff Repair

DO NOT combine ACTIVE/ PASSIVE PRONATION with ELBOW EXTENSION

BEGIN AS SOON AS PAIN AND SWELLING HAVE SUBSIDED AND IS TOLERATED

- Active range of motion with terminal stretch
 - Active flexion, extension elbow with terminal stretch
 - Active supination, pronation with terminal stretch
 - Active elevation, external rotation, internal rotation of the shoulder
 - Full range of motion of the shoulder
 - Full range of motion at elbow, gradually coming out to full extension

BEGIN AT POST OP WEEK 6, BEGIN DATE: _____

- Begin Biceps and Supinator isometrics

BEGIN AT POST OP WEEK 8

- OK to progress to theraband resistance plus continue active ROM
 - Resisted flexion, extension, supination, pronation elbow and wrist
 - Routine shoulder strengthening
 - Continue stretching

BEGIN AT POST OP WEEK 12, Begin Date: _____

- OK to progress to free weights for resistance
-

RETURN TO ACTIVITIES-Golf and tennis 4-6 months depending upon pain

With rotator cuff repair – follow guidelines of rotator cuff repair with following exceptions: -No resisted biceps until: Post Op week 6 – Biceps isometrics 8 weeks – Begin theraband resistance 12 weeks – Progress to free weights