

Central Indiana Orthopedics  
14300 E 138th St  
Building B  
Fishers, IN 46037

## Biceps Tenodesis (Open or Arthroscopic) PT Protocol

X = Perform exercise

**Week**

<b>Range of Motion (ROM)</b>														
PROM: - Starts at week 0 AAROM: - Starts at week 0 AROM: - Starts at week 4	1	2	3	4	5	6	7	8	9	10	12	16	20	24
<b>Early Therapy</b>														
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
<b>Passive Range of Motion (PROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
<b>Active Assist Motion (AAROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	X	X	X	X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Elbow Flexion					X	X	X	X	X	X	X	X	X	X
<b>Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Elbow Flexion							X	X	X	X	X	X	X	X
<b>Isotonic Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Prone Rows to Neutral								X	X	X	X	X	X	X
Prone Horizontal Abduction								X	X	X	X	X	X	X
Forward Elevation to 90 degrees								X	X	X	X	X	X	X
Elbow Flexion/Extension								X	X	X	X	X	X	X
<b>General Strengthening</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Lat Pulldown (narrow grip)											X	X	X	X
Forward Punch/Dumbbell Chest Press											X	X	X	X
Machine Rows											X	X	X	X
Bicep Curl/Triceps Extension											X	X	X	X
Close Chain Stabilization											X	X	X	X
<b>Sports</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming													X	X
Overhead / Serving Sports														X
Contact Sports														X
<b>Activities of Daily Living w/ Arm</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking							X	X	X	X	X	X	X	X
Dressing							X	X	X	X	X	X	X	X
Showering							X	X	X	X	X	X	X	X

PROM:  
- Starts at week 0  
AAROM:  
- Starts at week 0  
AROM:  
- Starts at week 4

**Strengthening**

- Starts at week 8

**Sling Use**

(while not in PT)

- Full-time: weeks 0-4  
- When out-and-about: weeks 4-6  
- Discontinue sling: after week 6

**Goals**

- Full PROM by 4 weeks  
- Full AROM by 10 weeks  
-Light daily activities by 10 weeks  
- Full strength / return to normal activity at 24 weeks

**Notes**

- No active elbow flexion x 6 weeks  
- No lifting early  
- No excessive shoulder extension  
- 5 lb limit 6-8 weeks

