

Dr. John Berschback
 Chippewa Valley Orthopedics & Sports Medicine
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Patient _____
 D.O.S. _____

BICEPS TENODESIS PROTOCOL

	WEEK 1-2 Begins on DOS	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9+	
PASSIVE SCAPTION	Painfree 0-90°	Increase as tolerated, painfree				
ACTIVE SCAPTION	NONE	Pain free AAROM	Painfree AROM	FULL		
FLEXION	Passive to AA 0-90	Advance as able, no restrictions				
PASSIVE ER	Painfree, no restrictions	Continue to advance, no pain	Full			
ACTIVE ER	NONE	Pain free AAROM	Advance as tolerated			
PASSIVE IR	NONE	Advance as able				
IMMOB/SLING	YES	YES	WEAN	D/C sling		
P.T. visits/week	1-2	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, wrist, hand. AAROM for elbow flexion/extension/supination:painfree)					
	Passive Pendulums	AAROM wand FLEX, ER	AROM for FLEX and ER			
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 March 2023	Table Slides		Biceps AAROM progressing to AROM & Resistance as tolerated			
	PROM of shoulder.....Progressing to AAROM as tolerated and indicated above					
	Joint mobilizations	Rhythmic Stabilization / Initiate Isometric Scapular Stabilization, add resistance as tolerated		Advance scapular stabilization and strengthening as tolerated		
	**No isolated biceps contraction or AROM for 6 weeks. Painfree supination in sling is allowed.	Weight bearing on table, elbow ext	Swiss Ball, roll/retract	Prone isotonic (row, ext, abd)		
		Sub-max isometrics with flexed elbow FLEX, EXT, ER, IR	Max Isometrics progressing to manual resistance	PRE's, progress to 90/90 position and PNF		
	**NO isolated BICEPS contraction		Isotonics with tubing Flex, ER, IR	Add Plyometrics, Return to task specific activities		
		UBE				