

Long Head Bicep Tenodesis Post Operative PT Protocol Revised Aug 2009

Please note that the surgical team may adjust any of these protocols as necessary for each individual patient. The following are guidelines only and physical therapists should contact us if they have any questions they may have regarding our protocol and our patient needs, limitations and expectations.

The UWMC Shoulder and Elbow Team can be reached at the Bone and Joint Center at 206 598-4288.

Post-op Days 1 – 21

Directions for Patient:

Elbow Brace x 8 weeks after surgery – Even while sleeping
Set elbow brace no extension greater than 90°
Place pillow under shoulder/arm while sleeping for comfort

Directions for Physical Therapist:

Hand squeezing exercises
Stationary bike (must wear sling) – educate pt as needed
Ice pack – educate pt on use

Goals:

Pain control
Protection

Week 4

Directions for Patient:

Continue Elbow Brace x 8 weeks after surgery – Even while sleeping
Set elbow brace no extension greater than 75°

Directions for Physical Therapist:

Continue appropriate previous exercises
Stationary bike (must wear sling) – educate pt as needed

Goals:

AAROM Elbow Extension to 75 degrees

Week 5

Directions for Patient:

Continue Elbow Brace x 8 weeks after surgery – Even while sleeping
Set elbow brace no extension greater than 60°

Directions for Physical Therapist:

Continue appropriate previous exercises
Stationary bike (must wear sling) – educate pt as needed

Goals:

AAROM Elbow Extension to 60 degrees
Treadmill – Walking progression program – educate pt as needed

Week 6

Directions for Patient:

Continue Elbow Brace x 8 weeks after surgery – Even while sleeping
Set elbow brace no extension greater than 45°

Directions for Physical Therapist:

Continue appropriate previous exercises
Stationary bike (must wear sling) – educate pt as needed

Goals:

AAROM Elbow Extension to 45 degrees
Treadmill – Walking progression program – educate pt as needed

Week 7

Directions for Patient:

Continue Elbow Brace x 8 weeks after surgery – Even while sleeping
Set elbow brace no extension greater than 20°

Directions for Physical Therapist:

Continue appropriate previous exercises
Treadmill – Walking progression program – educate pt as needed

Goals:

AAROM Elbow Extension to 20 degrees

Week 8

Directions for Patient:

Discontinue Elbow Brace x 8 weeks after surgery

Directions for Physical Therapist:

Running – educate pt as needed

Goals:

FAROM Elbow Extension

Months 3 – 4

Directions for Patient:

Avoid heavy pushing, pulling or lifting

Directions for Physical Therapist:

Continue appropriate previous exercises

Weight training with light resistance (baby weights) – educate pt as needed

Goals:

Normal Elbow Strength

Months 4 – 5

Directions for Patient:

No contact sports until 6 months post-op

Directions for Physical Therapist:

Continue appropriate previous exercises

Sit-ups

Swimming – educate pt as needed

Running progression to track – educate pt as needed

Progressive weight training – educate pt as needed to avoid heavy weights

Transition to home/gym program – educate pt as needed

Goals:

Resume all activities

Month 6

Goals:

Return to sports at 6 months