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Shoulder Biceps Tenodesis

The following is a basic framework from which to work during rehabilitation following shoulder biceps tenodesis, which is typically performed in combination with subacromial decompression, with or without distal clavicle excision. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

| | Range of Motion | Sling | Exercises |
|---|-------------------------------------|--|--|
| Phase I 0 – 4 weeks | PROM as tolerated* | 0 – 4 weeks: at all times except for exercises and hygiene | 0 – 2 weeks: Wrist/hand ROM, pendulums, wall stretch at home per therapist 2 – 4 weeks: pulleys/canes, wrist/hand ROM, pendulums, closed chain scapular exercises, gentle elbow PROM Deltoid, rotator cuff isometrics Scapular protraction/retraction Avoid active biceps exercises |
| Phase II 4 – 8 weeks | Increase as tolerated to full | 4 – 6 weeks: discontinue | Advance isometrics with arm at side, rotator cuff and deltoid Advance to shoulder Therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility Introduce gentle active-assisted followed by active elbow flexion/extension without weight |
| Phase III 8 – 12 weeks | Progress to full without discomfort | None | Begin eccentrically resisted motions and closed chain activities Advance to sports and full activity as tolerated after 12 weeks 10-12 weeks: Begin gradual active biceps exercises with low resistance |

*If distal clavicle excision is performed, horizontal adduction is minimized until pain resolves.