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## Biceps Tenodesis (Open or Arthroscopic) PT Protocol

X = Perform exercise

Week

	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Range of Motion (ROM)</b>	<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>Strengthening</b>	<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
<b>Goals</b>	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
<b>Notes</b>	Internal Rotation (Scapular Plane)						X	X	X	X	X	X	X	X	X
	Elbow Flexion						X	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
<b>General Strengthening</b>	Elbow Flexion/Extension							X	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



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Close Chain Stabilization												X	X	X	X
<b>Sports</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>	
Swimming													X	X	
Overhead / Serving Sports														X	
Contact Sports														X	
<b>Activities of Daily Living w/ Arm</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>	
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	
Driving			X	X	X	X	X	X	X	X	X	X	X	X	
Overhead Activity								X	X	X	X	X	X	X	
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	