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**Physical Therapy Prescription – Biceps Tenodesis**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Diagnosis:** R / L shoulder arthroscopy, BT **Date of Surgery:** \_\_\_\_\_  
**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks

**Phase I (Weeks 0 – 4):**

- **Sling:** Must wear at all times except for hygiene
- **Range of Motion:**
  - Elbow: PROM > AAROM > AROM as tolerated **without** resistance
  - Shoulder: PROM/AAROM/AROM as tolerated
  - **If concomitant DCE performed** > Horizontal adduction restricted until 8 weeks postop
- **Exercises:** pendulums, wrist/hand ROM, grip strengthening
- **NO resistance exercises permitted during Phase I**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase II (Weeks 4 – 12):**

- **Sling:** Discontinue
- **Range of Motion:** increase as tolerated to full AROM for both elbow and shoulder
- **Exercises:** continue Phase I
  - Begin light deltoid/cuff isometrics with arm at side, begin scapular strengthening
  - Active biceps strengthening restricted until 8 weeks postop
  - Only strengthen 3x/week to avoid causing rotator cuff tendonitis
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 12 – 24):**

- **Range of Motion:** Full
- **Exercises:** continue Phase II, begin UE ergometer, begin eccentrically resisted motions and closed chain activities; begin return to sport activities at 12 weeks
- Swimming at 3 months
- Throwing at 3 months
- Throwing from mound at 4.5 months

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_