



# Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction  
Arthroscopic Shoulder, Hip, and Knee Surgery

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## BICEP TENODESIS

### General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- No lifting greater than 1 lb with biceps for 8 weeks
- Return to sports 3-4 months

### Post-op Days 1 – 14

**Goals:** Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

**Therapy:**

Ice pack

Sling x 6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort Hand squeezing exercises

**NO RESISTED SHOULDER ABDUCTION/FLEXION, ELBOW FLEXION, SUPINATION x 6wks**

Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises first week then progress to full pendulums

Shoulder shrugs / scapular retraction without resistance

Ice pack

### Weeks 2 – 6

**Goals:** AAROM to 120 degrees

**Therapy:**

Continue sling x 6 wks

Continue appropriate previous exercises

Full pendulum exercises

AROM/AAROM as tolerated (pulleys/wand/wall walks)

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike (must wear sling)

### Weeks 6 – 9

**Goals:** Full AROM, 30 wall push-ups

**Therapy:**

D/C sling

Continue appropriate previous exercises

AAROM (pulleys, wall climbs, doorway stretches) through full range

AROM through full range as tolerated

Rotator cuff strengthening with light Theraband

- ER and IR with arm at side and pillow or towel roll under arm
- Flexion to 60 degrees
- Abduction to 60 degrees
- Scaption to 60 degrees
- Extension to 30 degrees

Standing rows with Theraband

Prone scapular retraction exercises (with light weight)

Ball on wall (arcs, alphabet)

BAPS on hands

Push-up progression – Wall to table (no elbow flexion > 90 degrees) Body Blade

UBE forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

### **Weeks 9 – 12**

**Goals:** Regain full cuff strength, 30 table push ups

**Therapy:**

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full ROM

Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool walking / running – With UE resistance (no swimming)

### **Months 3 - 4**

**Goals:** 30 regular pushups, Run 2 miles at own pace

**Therapy:**

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Push-ups, regular – No elbow flexion > 90 degrees

Weight training with light resistance

– No overhead press or pull downs behind head

– No elbow flexion > 90 degrees with bench, dips, etc. Pool therapy

**Months 4 - 6**

**Goals:** Resume all activities

**Therapy:**

Continue appropriate previous exercises

Push-ups, regular

Sit-ups

Swimming

Running progression to track

Progressive weight training program

Transition to home / gym program

# Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

