

Dr. Stephanie Muh Protocol		
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Biceps Tenodesis		
Sling Use	• Sling 1 weeks comfort only (out of sling completely 2 weeks)	
Phase I: (Passive)	Weeks 1-3	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• Passive ROM</li> <li>• PROM FF – Full</li> <li>• PROM ER at 20 abduction – Full</li> <li>• PROM IR at 20 abduction – full</li> <li>• May progress to phase II as soon as Phase I goals met</li> </ul>
Phase II: (active/assistive)	Week 3-5	<ul style="list-style-type: none"> <li>• Pendulums to warm-up</li> <li>• AAROM with terminal stretch</li> <li>• Supine seated ER – full</li> <li>• Supine seated FE – full</li> <li>• Internal rotation – Full</li> <li>• May progress to phase III as soon as phase II goals met</li> </ul>
Phase III: (resisted)	Week 5-7	<ul style="list-style-type: none"> <li>• pendulums to warm up and continue with phase 2</li> <li>• External and Internal rotation</li> <li>• Standing forward punch</li> <li>• Seated rows</li> <li>• Bicep curls</li> <li>• PRE's for periscapular strengthening</li> <li>• May progress to phase IV as soon as phase III goals met</li> </ul>
Phase IV (strengthening)	8 wks & beyond	<ul style="list-style-type: none"> <li>• Home exercises</li> <li>• Hands within eyesight and elbows bent</li> <li>• Minimize Overhead activities (no military press, pulldown behind head, or wide grip bench)</li> <li>• ***** Very light weights with high reps and advance slowly</li> </ul>
Return to activities	Immediately – computer, eating, holding a book at waist, typing, writing 8 weeks - golf 10 weeks – tennis 4 months – contact sports, throwing	