

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

proaxistherapy™

## Biceps Tenodesis

**Sling for comfort, discontinue as tolerated. (days, to one week)**

*All ROM for weeks 0-6 performed w/ elbow flexed*

*May advance rehabilitation as rapidly as motion and pain allow.*

### **Phase 1 - (PASSIVE)**

*Pendulums to warm-up*

*Passive Range of Motion*

Week 1

Elbow/wrist/hand AROM

Begin active scapular retraction/protraction exercises with therapist cueing

PROM and AAROM as tolerated

Supine External Rotation – Full

Supine Forward Elevation – Full (with elbow flexed)

Supine Internal Rotation - Full

### **Phase 2 - (ACTIVE)**

*Pendulums to warm-up.*

*Active Range of Motion with terminal stretch to prescribed limits*

Week 2

Supine to Start → Seated External Rotation

Supine to Start → Seated Forward Elevation (with elbow flexed)

Internal Rotation

### **Phase 3 - (RESISTED)**

*Pendulums to warm up and continue with phase 2.*

Week 3-6

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder Shrugs

Bear Hugs

**\*\* NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS**

### **Weight Training**

Week 6

Light Bicep curls/resisted supination gradually progressed to pre-morbid levels

Keep hands within eyesight, Keep elbows bent.

Minimize overhead activities

(No military press, pull-downs behind head, or wide grip bench)

Gradual progression of resistance controlling velocity, duration, intensity, and frequency

### **Return to Activities**

Computer

Golf

Tennis

Contact Sports

Early-days

4 weeks (chip and putt only)

8 weeks

4 months

### **Surgeon Comments:**

Therapist Name \_\_\_\_\_