

DR. YACOBUCCI'S POST-OP PROTOCOL FOR *BICEPS TENODESIS*:

IMMED. POST-OP: Patient sent home with shoulder immobilizer to be **worn at all times for 6 weeks** except: bathing, changing shirts, home exercises and P.T. Keep surgical incisions **dry at all times for 2 weeks**. **KEEP ELBOW BENT 90 DEGREES AT ALL TIMES.**

POST-OP 2 WEEKS: Begin P.T.: Therapist to begin **PASSIVE**: ABDUCTION, ELEVATION, INTERNAL AND EXTERNAL ROTATION TO 90 DEGREES. No active motion and no strengthening exercises yet. Modalities as needed. **KEEP ELBOW BENT 90 DEGREES AT ALL TIMES.**

POST-OP 6 WEEKS: Discontinue immobilizer. Therapist to push passive ROM to maximum. Begin isometric exercises in all planes of motion...keep resistance light (2lbs.) in ELBOW FLEXION and SUPINATION.

POST-OP 9 WEEKS: Begin isotonic strengthening in all planes. Keep weight Maximum 5 lbs. in ELBOW FLEXION and SUPINATION.

POST-OP 12 WEEKS: Gradually increase weight limits to MAXIMUM IN ALL PLANES.

POST-OP 14 WEEKS: DISCONTINUE PHYSICAL THERAPY. Continue strength work at home. Gradually resume all activities.

