



**Physical/Occupational Therapy Prescription**

**Name:**

**Date of Birth:**

**Diagnosis:** Biceps Tendonitis      **Code:** M75.20

**Procedure:** Arthroscopic Biceps Tenodesis

**Surgery Date:**

**Instructions:**

**Range of motion:**

- Sling for the first 4 weeks post-operatively and then discontinue.
- Begin immediate range of motion including scapular range of motion.
- Progress from passive to active-assisted to active motion as tolerated.
- Begin with pendulums, pulleys, and wand/cane exercises.
- Avoid cross-body adduction and rotational motions in flexion or abduction until 140° elevation and 40° external rotation in adduction have been achieved.

**Strengthening:**

- Begin strengthening once pain has subsided and the patient is progressing towards symmetric active range of motion, which usually occurs at four weeks post-operatively.
- Begin with isometrics with the arm at the side and then progress to bands and light weights as tolerated. - Focus strengthening upon the rotator cuff, deltoid, and scapular stabilizers.
- Do not strengthen the rotator cuff more frequently than three times per week to avoid tendonitis. - Avoid positions of impingement during strengthening.
- Begin eccentrics, plyometrics, and sport-specific exercises at two months post-operatively.
- Return to athletics, including pitching, at three months.
- Begin throwing from the mound and collision sports at 4.5 months post-operatively

**Limitations:** - No resisted elbow flexion or forearm supination for the first six weeks post-operatively to avoid stressing the biceps tenodesis.

Please provide a home exercise program

**Modalities:** Heat before and ice after therapy.

**Frequency:** 2-3 times/week

**Duration:** 6 weeks

**Signature:**

**Date:**

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