biceps tenodesis physical therapy protocol

biceps tenodesis physical therapy protocol is a critical component in the recovery process following biceps tenodesis surgery. This protocol guides patients and healthcare professionals through a structured rehabilitation plan designed to restore strength, mobility, and function of the shoulder and arm while protecting the surgical repair. The biceps tenodesis procedure involves reattaching the long head of the biceps tendon to the humerus, and physical therapy plays an essential role in ensuring optimal healing and functional outcomes. This article will provide a comprehensive overview of the phases of rehabilitation, specific exercises, precautions, and expected timelines within a typical biceps tenodesis physical therapy protocol. Furthermore, it will cover patient education and factors influencing recovery to support successful return to daily activities and sports.

Understanding Biceps Tenodesis Surgery

Biceps tenodesis is a surgical technique commonly used to address issues related to the long head of the biceps tendon, such as tendinopathy, partial tears, or instability. The procedure involves detaching the tendon from its original attachment at the superior labrum and reattaching it to the humerus bone, typically in the bicipital groove. This surgery aims to relieve pain, restore function, and prevent further damage. The success of biceps tenodesis largely depends on a carefully designed physical therapy protocol that follows the biological healing timeline of the tendon and surrounding tissues.

Phases of the Biceps Tenodesis Physical Therapy Protocol

The rehabilitation process after biceps tenodesis is divided into distinct phases, each with specific goals and therapeutic interventions. These phases are structured to promote tissue healing, prevent stiffness, and gradually restore motion and strength.

- Phase 1: Protection and Immobilization
- Phase 2: Early Motion and Passive Range of Motion
- Phase 3: Active Range of Motion and Strengthening
- Phase 4: Advanced Strengthening and Return to Activity

Early Postoperative Rehabilitation

Phase 1: Protection and Immobilization

Immediately following surgery, the primary focus is on protecting the surgical repair to allow proper healing. The arm is typically immobilized using a sling or brace to limit movement and reduce stress on the reattached tendon. This phase usually lasts for approximately 4 to 6 weeks, depending on the surgeon’s protocol and patient factors.

During this time, patients are encouraged to maintain mobility in the elbow, wrist, and hand joints through gentle exercises to prevent stiffness and promote circulation, but shoulder movement is restricted.

Phase 2: Early Motion and Passive Range of Motion

After the initial immobilization phase, passive range of motion (PROM) exercises are introduced to prevent shoulder stiffness and promote flexibility without compromising the repair. These exercises are typically guided by a physical therapist and focus on gentle movements within pain-free limits. The goal is to gradually restore shoulder mobility while avoiding active biceps contraction.

Common passive movements include forward elevation and external rotation of the shoulder, performed carefully to ensure the tendon fixation site is not stressed.

Intermediate Rehabilitation Phase

Phase 3: Active Range of Motion and Strengthening

Once adequate healing has occurred, usually around 6 to 8 weeks post-surgery, active range of motion (AROM) exercises are initiated. During this phase, patients begin to actively use their shoulder muscles, including the biceps, but with controlled intensity to avoid overload. Strengthening exercises are introduced gradually, starting with isometric contractions and progressing to light resistance exercises.

Physical therapists focus on restoring normal biomechanics of the shoulder complex, including scapular stabilization and rotator cuff strengthening, which are essential for functional recovery.

Key Exercises in the Intermediate Phase

- Isometric biceps contractions without resistance
- Theraband exercises for shoulder external and internal rotation
- Scapular retraction and depression drills
- Gentle shoulder flexion and abduction against minimal resistance

Advanced Strengthening and Functional Training

Phase 4: Progressive Strengthening and Return to Activity

At approximately 12 weeks postoperatively, patients enter the advanced strengthening phase. This stage emphasizes progressive resistance training to rebuild muscle strength and endurance. The goal is to prepare the patient for return to work, sports, and daily activities without pain or functional limitations.

Exercises become more dynamic, incorporating multi-planar movements and functional tasks. Plyometric training and sport-specific drills may be introduced for athletes under professional supervision.

Components of Advanced Training

- Weightlifting exercises targeting the biceps, rotator cuff, and deltoid muscles
- Closed kinetic chain activities for shoulder stability
- Proprioceptive and neuromuscular control drills
- Gradual reintroduction to overhead and throwing motions

Precautions and Contraindications

Adhering to precautions during the biceps tenodesis physical therapy protocol is essential to avoid compromising the surgical repair. Excessive early loading or aggressive motion can lead to tendon failure or prolonged recovery. Key contraindications include:

- Avoiding active biceps contraction during the initial 6 weeks post-surgery

- No heavy lifting or resistance training until cleared by the surgeon and therapist
- Limiting shoulder external rotation and forward elevation within prescribed ranges
- Monitoring for signs of increased pain, swelling, or instability during rehabilitation

Factors Influencing Rehabilitation Outcomes

Several patient-specific and surgical factors can influence the success of the biceps tenodesis physical therapy protocol. These include the patient’s age, overall health, adherence to the rehabilitation plan, and the presence of concomitant shoulder injuries such as rotator cuff tears. Surgical technique and fixation method also play a role in determining the rehabilitation timeline and intensity.

Effective communication between the patient, surgeon, and physical therapist is vital to customize the protocol to individual needs and optimize recovery outcomes.

Frequently Asked Questions

What is biceps tenodesis physical therapy protocol?

Biceps tenodesis physical therapy protocol is a structured rehabilitation program designed to restore strength, flexibility, and function following biceps tenodesis surgery, which reattaches the biceps tendon to the humerus.

When does physical therapy typically begin after biceps tenodesis surgery?

Physical therapy usually begins within the first week after surgery, focusing initially on passive range of motion and gentle mobility exercises to protect the repair.

What are the main phases of the biceps tenodesis physical therapy protocol?

The main phases include the immobilization and protection phase, early passive motion phase, active motion and strengthening phase, and advanced strengthening and return-to-activity phase.

How long does the full recovery process take with a biceps tenodesis physical therapy protocol?

Full recovery typically takes about 3 to 6 months, depending on the patient’s condition and adherence to the rehabilitation protocol.

What exercises are recommended during the early phase of biceps tenodesis physical therapy?

During the early phase, passive range of motion exercises such as pendulum swings and gentle shoulder flexion and extension are recommended to prevent stiffness without stressing the repair.

When can strengthening exercises begin after biceps tenodesis surgery?

Strengthening exercises usually begin around 6 to 8 weeks post-surgery, focusing initially on isometric exercises before progressing to resistance training.

Are there any activities to avoid during biceps tenodesis physical therapy?

Yes, patients should avoid heavy lifting, sudden jerking movements, and activities that put excessive strain on the biceps tendon during the initial phases of rehabilitation.

How is pain managed during the physical therapy protocol for biceps tenodesis?

Pain is managed through a combination of rest, ice, prescribed medications, and careful progression of exercises to avoid overloading the healing tendon.

What role does the physical therapist play in the biceps tenodesis recovery process?

The physical therapist guides the patient through the rehabilitation protocol, monitors progress, adjusts exercises as needed, and educates the patient on proper techniques to ensure safe recovery.

Can patients return to sports after completing the biceps tenodesis physical therapy protocol?

Yes, most patients can return to sports and heavy activities after completing the rehabilitation program, typically around 4 to 6 months post-surgery, depending on individual recovery.

Additional Resources

1. *Biceps Tenodesis Rehabilitation: A Comprehensive Guide*
This book offers an in-depth exploration of physical therapy protocols following biceps tenodesis surgery. It covers preoperative preparation, postoperative care, and step-by-step rehabilitation exercises designed to optimize recovery. Clinicians will find practical tips to tailor therapy plans based on patient-specific factors.

2. *Postoperative Rehabilitation for Biceps Tenodesis: Evidence-Based Approaches*

Focusing on evidence-based practices, this text reviews the latest research on rehabilitation strategies after biceps tenodesis. It provides detailed timelines for immobilization, range of motion, strengthening, and return to activity. The book also discusses common complications and how to address them in therapy.

3. *Physical Therapy Protocols for Shoulder Surgery: Biceps Tenodesis and Beyond*
This comprehensive manual covers rehabilitation protocols for various shoulder surgeries, with a dedicated section on biceps tenodesis. It includes practical guidelines for therapists on progression of exercises and functional milestones. Case studies illustrate typical recovery pathways and outcomes.

4. *Biceps Tenodesis: Surgical Techniques and Rehabilitation*
Combining surgical insights with rehabilitation strategies, this book bridges the gap between surgeons and physical therapists. It details the anatomical considerations of biceps tenodesis and provides customized rehab protocols. Readers gain a holistic understanding of patient care from surgery through full recovery.

5. *Rehabilitation of the Biceps Tendon: Protocols Following Tenodesis*
This resource emphasizes tendon healing biology and how it informs rehabilitation timing and intensity. It offers clear phase-based protocols to safely restore strength and function after biceps tenodesis. The book is suitable for therapists aiming to optimize outcomes and minimize re-injury risk.

6. *Shoulder Rehabilitation: Focus on Biceps Tenodesis Recovery*
Targeted at clinicians working with shoulder injuries, this book delves into specific rehab exercises and modalities for biceps tenodesis patients. It outlines progression from passive motion to advanced strengthening and sport-specific training. Practical tips help therapists individualize care plans.

7. *Clinical Guide to Biceps Tenodesis Rehabilitation*
This concise guide provides a practical framework for managing patients post-biceps tenodesis. It highlights key assessment tools, common challenges, and strategies to enhance compliance and functional recovery. The book is designed to support both novice and experienced therapists.

8. *Advanced Rehabilitation Techniques After Biceps Tenodesis Surgery*
Focusing on cutting-edge rehab methods, this book explores neuromuscular re-education, proprioceptive training, and kinetic chain integration following biceps tenodesis. It emphasizes a multidisciplinary approach for athletes and active individuals. Therapists will find innovative protocols to accelerate return to play.

9. *Evidence-Based Physical Therapy for Biceps Tenodesis Patients*
This text synthesizes current clinical trials and systematic reviews related to post-biceps tenodesis rehabilitation. It assists clinicians in applying research findings to develop effective, patient-centered therapy plans. The book also discusses future directions in rehab science for tendon repairs.

Biceps Tenodesis Physical Therapy Protocol

biceps tenodesis physical therapy protocol: Clinical Orthopaedic Rehabilitation S. Brent Brotzman, Robert C. Manske, 2011-01-01 In Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach, Dr. S. Brent Brotzman and Robert C. Manske help you apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. A well-respected, comprehensive source for evaluating, treating, and rehabilitating orthopaedic patients, the 3rd Edition guides you on the prevention of running injuries, the latest perturbation techniques, and the ACL rehabilitation procedures and functional tests you need to help get your patients back in the game or the office. You'll also find a brand-new spine rehabilitation section, an extensively revised art program, and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at www.expertconsult.com. Get expert guidance on everything you may see on a day-to-day basis in the rehabilitation of joint replacements and sports injuries. Apply evidence-based rehabilitation protocols to common sports conditions like ACL and meniscus injuries and post-surgical rehabilitation for the knee, hip, and shoulder. See how to perform perturbation techniques for ACL rehabilitation, ACL functional tests and return-to-play criteria after reconstruction, analysis of running gait to prevent and treat running injury, and more with videos online at www.expertconsult.com. Use the expert practices described in Tendinopathy and Hip Labral Injuries, part of the expanded Special Topics section, to help patients realize quicker recovery times. Visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations. The new edition of the well-respected Brotzman has been updated to consistently include evidence-based rehabilitation protocols, as well as comprehensive coverage and videos at a great value!

biceps tenodesis physical therapy protocol: Clinical Orthopaedic Rehabilitation: A Team Approach E-Book Charles E Giangarra, Robert C. Manske, 2017-01-04 Evidence suggests a direct correlation between the quality of postoperative orthopaedic rehabilitation and the effectiveness of the surgery. Clinical Orthopaedic Rehabilitation, 4th Edition, helps today's orthopaedic teams apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. Charles Giangarra, MD and Robert Manske, PT continue the commitment to excellence established by Dr. S. Brent Brotzman in previous editions, bringing a fresh perspective to the team approach to rehabilitation. - Every section is written by a combination of surgeons, physical therapists, and occupational therapists, making this respected text a truly practical how-to guide for the appropriate initial exam, differential diagnosis, treatment, and rehabilitation. - Treatment and rehabilitation protocols are presented in a step-by-step, algorithmic format with each new phase begun after criteria are met (criteria-based progression, reflecting current best practice). - Revised content brings you up to date with new evidence-based literature on examination techniques, classification systems, differential diagnosis, treatment options, and criteria-based rehabilitation protocols. - Extensive updates throughout include new chapters on: medial patellofemoral ligament, shoulder impingement, pec major ruptures, thoracic outlet syndrome, general humeral fractures, foot and ankle fractures, medial patellofemoral ligament reconstruction, the arthritic hip, athletic pubalgia, and labral repair and reconstruction. - Easy-to-follow videos demonstrate rehabilitation procedures of frequently seen orthopaedic conditions and commonly used exercises, and new full-color images complement the highly visual nature of the text.

biceps tenodesis physical therapy protocol: *The Management of Biceps Pathology* Anthony A. Romeo, Brandon J. Erickson, Justin W. Griffin, 2021-01-25 The biceps tendon is one of the most challenging anatomic structures to completely understand. Its precise role for shoulder function has

yet to be completely defined, and pathologic conditions exist at both its proximal and distal ends. In recent years, the biceps labral complex has been recognized as a common cause of shoulder pain among patients. Accurate diagnosis, utilizing both physical examination and imaging, is crucial to decision-making regarding the most effective treatment. Many controversies exist surrounding the management of biceps pathology with a myriad of potential solutions to consider. This practical text breaks down the biceps into succinct, digestible portions with expert tips and tricks to help manage bicipital problems in a wide array of patients. Sensibly divided into three thematic sections, it encompasses all aspects of the biceps tendon, including relevant anatomy, diagnosis, imaging, and non-operative management (including rehabilitation and biologic treatments). Surgical management strategies as they pertain to both proximal and distal biceps tendon pathologies will be covered, including both arthroscopic and open tenodesis, transfer, and inlay and onlay fixation methods. A review of associated complications and how to avoid them is likewise described in detail, along with post-surgical rehabilitation techniques to maximize return to play. Ideal for orthopedic surgeons and sports medicine specialists at all levels, The Management of Biceps Pathology will be a unique resource for all clinicians facing challenges treating the active patient with shoulder and elbow pain.

biceps tenodesis physical therapy protocol: Musculoskeletal Pain Carl Edward Noe, 2025-06-25 This concise book covers common musculoskeletal problems in all body regions, filling a critically important gap in the literature. It's organized by sections the begin with an introduction, followed by regional problems, clinic treatment, perioperative care, and special topics. Chapters are authored by clinicians who actively manage patients, and are focused on clinically important information rather than historical or theoretical information. Clinicians are given all of the information needed to evaluate and manage common musculoskeletal pain in one concise resource. Musculoskeletal Pain is aimed for all physicians who evaluate and manage patients with musculoskeletal problems.

biceps tenodesis physical therapy protocol: Complex and Revision Problems in Shoulder Surgery Jon J. P. Warner, Joseph P. Iannotti, Evan L. Flatow, 2005 Written by the world's leading shoulder surgeons, this volume offers much-needed guidance on managing complex and revision problems that cannot be solved by standard treatment formulas. The authors present successful approaches with illustrative case examples, emphasizing avoidance of common pitfalls and management of complications. This edition has a greater focus on arthroscopic procedures and includes full-color arthroscopic images. New chapters cover arthroscopic rotator cuff reconstruction, idiopathic and diabetic stiff shoulder, alternatives to arthroplasty, and the failed arthroplasty. The thoroughly revised fractures section includes new information on two-, three-, and four-part fractures and AC/SC fractures. This edition contains over 800 illustrations.

biceps tenodesis physical therapy protocol: Essentials of Physical Medicine and Rehabilitation E-Book Walter R. Frontera, Julie K. Silver, 2018-09-26 Packed with practical, up-to-date guidance, Essentials of Physical Medicine and Rehabilitation, 4th Edition, by Walter R. Frontera, MD, PhD; Julie K. Silver, MD; and Thomas D. Rizzo, Jr., MD, helps you prevent, diagnose, and treat a wide range of musculoskeletal disorders, pain syndromes, and chronic disabling conditions in day-to-day patient care. This easy-to-use reference provides the information you need to improve patient function and performance by using both traditional and cutting-edge therapies, designing effective treatment plans, and working with interdisciplinary teams that meet your patients' current and changing needs. An easy-to-navigate format provides quick access to concise, well-illustrated coverage of every essential topic in the field. - Presents each topic in a consistent, quick-reference format that includes a description of the condition, discussion of symptoms, examination findings, functional limitations, and diagnostic testing. An extensive treatment section covers initial therapies, rehabilitation interventions, procedures, and surgery. - Contains new technology sections in every treatment area where recently developed technologies or devices have been added to the therapeutic and rehabilitation strategies, including robotic exoskeletons, wearable sensors, and more. - Provides extensive coverage of hot topics in regenerative medicine, such as stem cells and platelet rich plasma (PRP), as well as a new chapter on abdominal wall pain. -

Delivers the knowledge and insights of several new, expert authors for innovative perspectives in challenging areas. - Offers a clinically-focused, affordable, and focused reference for busy clinicians, as well as residents in need of a more accessible and targeted resource. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

biceps tenodesis physical therapy protocol: Orthopaedics for Physician Assistants E-Book Sara D Rynders, Jennifer Hart, 2021-11-05 Written by PAs for PAs, Orthopaedics for Physician Assistants, 2nd Edition, is the first and only orthopaedics text specifically designed for physician assistant practitioners and students. This comprehensive yet portable guide helps you master the essential knowledge that directly affects your patient care. Coauthors and physician assistants Sara Rynders and Jennifer Hart clearly present everything you need to know to manage orthopaedic issues in either a general practice or orthopaedic practice setting. - Provides precisely the diagnostic and procedural information physician assistants need, covering orthopaedic physical examination and history taking, imaging interpretation and diagnosis, and treatment strategies for orthopaedic problems. - Features brief, bulleted text, consistent headings in each chapter, an easy-to-follow outline format, and clear diagrams and images throughout. - Demonstrates how to perform 14 key joint injections with online videos of elbow joint injection, knee joint injection, medial epicondyle injection, subacromial injection, digital block, and more. - NEW to the 2nd Edition: - ICD-10 codes to facilitate accurate coding and billing - Clinical Alert boxes that highlight key information - Quick-reference guide inside the front cover listing content by disorder name - Concise review of common Orthopedic PANCE/PANRE topics - Streamlined surgery content that focuses on need-to-know material - A clearer, more direct writing style and updated content throughout, reflecting the most current research evidence and national and international guidelines

biceps tenodesis physical therapy protocol: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2018-12-20 Indispensable for both surgeons and sports medicine physicians, DeLee, Drez, & Miller's Orthopaedic Sports Medicine: Principles and Practice, 5th Edition, remains your go-to reference for all surgical, medical, rehabilitation and injury prevention aspects related to athletic injuries and chronic conditions. Authored by Mark D. Miller, MD and Stephen R. Thompson, MD, this 2-volume core resource provides detailed, up-to-date coverage of medical disorders that routinely interfere with athletic performance and return to play, providing the clinically focused information you need when managing athletes at any level. - Provides a unique balance of every relevant surgical technique along with extensive guidance on nonsurgical issues—making it an ideal reference for surgeons, sports medicine physicians, physical therapists, athletic trainers, and others who provide care to athletes. - Offers expanded coverage of revision surgery, including revision ACL and revision rotator cuff surgery. - Features additional coverage of cartilage restoration procedures and meniscal transplantation. - Provides significant content on rehabilitation after injury, along with injury prevention protocols. - Includes access to a comprehensive video collection, with more than 100 videos new to this edition. - Retains key features such as coverage of both pediatric and aging athletes; a streamlined organization for quick reference; in-depth coverage of arthroscopic techniques; extensive references; levels of evidence at the end of each chapter; and Author's Preferred Technique sections. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

biceps tenodesis physical therapy protocol: Arthroscopy and Endoscopy of the Shoulder Tun Hing Lui, 2023-01-17 This book provides detailed advancement endoscopy and arthroscopy procedures of shoulder. It covers basic knowledge of procedures and dedicated introduction of surgical techniques for treatment of shoulder diseases with better surgical outcome and less surgical morbidity. Endoscopic and arthroscopic procedures with their advantage in surgical exposure and post-operative rehabilitation have been extensively performed in orthopedic diseases. Cases presentation with well-illustrated arthroscopic and endoscopic photos for common clinical

conditions was provided. The format is a step-by-step procedure for easy reference, particularly for surgeons in their training.

biceps tenodesis physical therapy protocol: Handbook of Orthopaedic Rehabilitation S. Brent Brotzman, 2007 With the emergence of evidence based medicine in orthopaedic surgery and its effect on healthcare reimbursement, rehabilitation plans are an increasing importance. This edition features differential diagnosis at the beginning of each chapter which allows quick and accurate diagnosis of musculoskeletal conditions.

biceps tenodesis physical therapy protocol: *Atlas of Advanced Shoulder Arthroscopy* Andreas B. Imhoff, Jonathan B. Ticker, Augustus D. Mazzocca, Andreas Voss, 2017-12-15 Arthroscopic surgery has been one of the biggest Orthopedic advances in the last century. It affects people of all ages. Total joint replacement may capture popular imagination, but arthroscopy continues to have a greater effect on more people. This Atlas provides the most up to date resource of advanced arthroscopic techniques, as well as including all the standard procedures. Beautifully illustrated and supported by online videos of the latest techniques, this Atlas will appeal to both experienced shoulder surgeons as well as the orthopedic surgeon seeking to enhance his or her knowledge of shoulder arthroscopy.

biceps tenodesis physical therapy protocol: *Orthopaedics for Physician Assistants* Sara D Rynders, Jennifer Hart, 2013-04-12 The first reference of its kind designed specifically for PAs, Orthopaedics for Physician Assistants is a comprehensive, portable handbook that helps you master orthopaedic physical examination and history taking, imaging interpretation and diagnosis, and treatment strategies - essential knowledge that directly affects your patient care. Authors Sara Rynders and Jennifer Hart present precisely the diagnostic and procedural information you need with this easy-to-use, PA-focused orthopaedic resource! Learn how to interpret and correlate lab and diagnostic procedures, reach an accurate diagnosis, formulate effective treatment plans, and implement therapeutic strategies. Quickly grasp pertinent information with brief, bulleted text enhanced with clear diagrams and images. Easily follow the guidelines for each procedure thanks to consistent headings in each chapter and a handy outline format. See how to perform 14 key joint injections with online videos demonstrating elbow joint injection, knee joint injection, medial epicondyle injection, subacromial injection, digital block, and more. Access the entire text and illustrations online at www.expertconsult.com.

biceps tenodesis physical therapy protocol: Proximal Biceps, An Issue of Clinics in Sports Medicine Anthony A. Romeo, 2016-01-19 This issue will focus on the management and treatment Proximal Biceps, including articles on the following: Anatomy and Biomechanics of the proximal biceps tendon, Physical Examination of proximal biceps disorders, Imaging for proximal biceps disorders, Nonoperative management of proximal biceps disorders (including USG guided injections technique), Tenotomy versus tenodesis, Injuries to the Bicep Pulley, and many more!

biceps tenodesis physical therapy protocol: Return to Play Following Musculoskeletal Injury, An Issue of Clinics in Sports Medicine Brett D. Owens, 2016-08-24 The decision process for determining when to return an injured or ill athlete to practice or competition includes many factors. This issue will cover Return to Play Following Cervical Disc Surgery; Return to Play Following Anterior Shoulder Dislocation and Stabilization Surgery; Return to Play Following Shoulder Surgery in Throwers; Return to Play Following Ulnar Collateral Ligament Reconstruction; Return to Play Following Hand and Wrist Fractures; and many more articles on returning to play post musculoskeletal injuries.

biceps tenodesis physical therapy protocol: Mayo Clinic Principles of Shoulder Surgery Joaquin Sanchez-Sotelo, 2018 Mayo Clinic Principles of Shoulder Surgery provides the basic principles and foundational knowledge for this orthopedic specialty in a concise and easy-to-use manner. The book, written by a well-seasoned surgeon with years of experience training residents and fellows, pulls together a comprehensive reference for interdisciplinary use, relevant to many fields including sports medicine, rheumatology, and rehabilitation. Dr. Sanchez-Sotelo covers an array of topics starting with history taking, the physical examination, the use and understanding of

advanced imaging techniques, and preforming surgical procedures such as fracture fixation, arthroscopic surgery, tendon transfers, and replacement, all visually enhanced with relevant videos. This book is the perfect resource for all medical libraries, whether you are a student, primary care physician, physical therapist, or allied health professional. Key Features of Mayo Clinic Principles of Shoulder Surgery -Highly illustrated with detailed figures and tables throughout and a key point summary boxes at the end of every chapter to improve comprehension -Includes over 40 videos of the most common procedures performed by an orthopedic surgeon -Each chapter includes a color coded tab to facilitate easy navigation at-a-glance -Organized into concise chapters for quick review

biceps tenodesis physical therapy protocol: Shoulder Rehabilitation, An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book Thomas (Quin) Throckmorton, 2023-04-04 In this issue of Physical Medicine and Rehabilitation Clinics, guest editor Dr. Thomas (Quin) Throckmorton brings his considerable expertise to Shoulder Rehabilitation. Top experts in the field cover key topics such as shoulder impingement syndrome; non-operative treatment of rotator cuff tears; post-operative rehabilitation following rotator cuff repair; non-operative treatment of the biceps-labral complex; post-operative rehabilitation after SLAP repair; and more. - Contains 12 relevant, practice-oriented topics including post-operative rehabilitation after surgery for shoulder instability; scapular dyskinesis; adhesive capsulitis; post-operative rehabilitation after shoulder arthroplasty; muscular re-training and rehabilitation after tendon transfer surgery in the shoulder; and more. - Provides in-depth clinical reviews on shoulder rehabilitation, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

biceps tenodesis physical therapy protocol: Rockwood and Matsen's The Shoulder E-Book Charles A. Rockwood, Michael A. Wirth, Edward V Fehringer, 2016-08-08 Fully updated with completely updated content, exciting new authors, and commentary by national and international experts in the field, Rockwood and Matsen’s The Shoulder, 5th Edition continues its tradition of excellence as the cornerstone reference for effective management of shoulder disorders. This masterwork provides how-to guidance on the full range of both tried-and-true and recent surgical techniques, including both current arthroscopic methods and the latest approaches in arthroplasty. An outstanding editorial team headed by Drs. Charles A. Rockwood, Jr. and Frederick A. Matsen III ensures that you have the tools you need to achieve optimal patient outcomes for any shoulder challenge you encounter. Throughout the book the authors focus on the value of the procedures to patients, showing ways that expense and risk can be minimized. Combines the ‘how to’ for ‘tried and true’ shoulder procedures along with the latest arthroscopic methods for managing shoulder disorders. Focuses on the most challenging open procedures, including those often overlooked in training programs, yet thoroughly reviews the rationale for using minimally invasive arthroscopic techniques whenever possible. Offers scientifically based coverage of shoulder function and dysfunction to aid in the decision-making process. Features new commentaries from international authorities – including dissenting and alternative viewpoints -- and final comments by our editorial experts. Covers new approaches, including reverse total shoulder, the latest rotator cuff repair methods, and the ream and run procedure, as well as emerging imaging methods.

biceps tenodesis physical therapy protocol: Canine Rehabilitation and Physical Therapy Darryl Millis, David Levine, 2013-10-25 Bridging the gap between human physical therapy and veterinary medicine, Canine Rehabilitation and Physical Therapy, 2nd Edition provides vets, veterinary students, and human physical therapists with traditional and alternative physical therapy methods to effectively evaluate and treat dogs with various debilitating conditions. Coverage includes treatment protocols for many types of cutaneous, neurologic, and musculoskeletal injuries to facilitate a faster and more complete recovery. Overall, this book is an extensive text for anyone interested in pursuing canine rehabilitation and physical therapy Reviewed by: Helen Davies, University of Melbourne on behalf of Australian Veterinary Journal, March 2015 Invaluable protocols

for conservative and postoperative treatment ensure the successful healing of dogs and their return to full mobility. Printable medical record forms on the companion website, including client information worksheets, referral forms, orthopedic evaluation forms, and more, can be customized for your veterinary practice. Six completely updated chapters on exercising dogs define the basic principles of aquatic and land-based exercise and how they may be applied to dogs, as well as how physical therapy professionals can adapt common human exercises to dogs. Numerous chapters on therapeutic modalities, including therapeutic lasers, illustrate how physical therapy professionals can adapt common human modalities to dogs. Physical examination chapters offer comprehensive information on orthopedics, neurology, and rehabilitation. New chapters keep you up to date with coverage of joint mobilization, rehabilitation of the athletic patient, biomechanics of rehabilitation, and physical therapy for wound care. A companion website includes 40 narrated video clips of various modalities and exercises used to correct problems with lameness, hip disorders, and gait analysis, plus downloadable and printable orthopedic, neurologic, and physical rehabilitation forms, in addition to a client information worksheet, referral form and letter, and a daily flowsheet form.

biceps tenodesis physical therapy protocol: Shoulder Surgery Rehabilitation Giovanni Di Giacomo, Silvia Bellachioma, 2016-04-05 This book aims to equip physiotherapists rehabilitation specialists and orthopedics to provide the best possible care for patients who have undergone surgery for a range of the more common shoulder pathologies, including fractures of the proximal third of the humerus, arthritis and prosthesis of glenohumeral joint, glenohumeral instability, rotator cuff lesions, other athletic injuries of the shoulder. It does so by presenting information on various aspects of the conditions and their surgical treatment and explaining clearly how these are directly relevant to rehabilitation. Among the topics covered are functional anatomy, imaging, treatment indications, surgical techniques and materials, peri- and postoperative complications, and communication with the patient. The book will promote effective teamwork, conducted using the same language, between the surgeon and the rehabilitator, and will facilitate the development and implementation of a rehabilitation program that has the best chance of effecting a speedy and complete recovery in each individual case.

biceps tenodesis physical therapy protocol: *Rockwood and Matsen's The Shoulder E-Book* Frederick A. Matsen, Frank A. Cordasco, John W. Sperling, Steven B. Lippitt, 2021-06-12 For 30 years, Rockwood and Matsen's The Shoulder has been the definitive leading reference for the evaluation and management of shoulder disorders. The 6th Edition continues the tradition of excellence with close oversight by world-renowned shoulder surgeon senior editor Frederick A. Matsen III along with co-editors Frank A. Cordasco, John W. Sperling and expert contributing authors from around the world. This comprehensive volume reflects current knowledge and pioneering techniques in its extensively revised and updated text, illustrations, and procedural videos, and features new Opinion Editorials and a new, easy-to-follow organization and layout. Shoulder surgeons of all levels, as well as residents, students, therapists, and basic scientists, will benefit from this must-have reference on all aspects of the shoulder. - Provides how-to guidance on the full range of both tried-and-true and recent surgical techniques, including both current arthroscopic methods and the latest approaches in arthroplasty. - Presents content in a new, easy-to-digest format with a restructured table of contents and an updated chapter layout for faster, more intuitive navigation. - Features 17 new Opinion Editorial chapters authored by key international thought leaders in shoulder and upper limb orthopaedics who were given free rein to discuss a topic of great personal importance. Sample topics include Revision Shoulder Arthroplasty: Tips to Facilitate Component Removal and Reconstruction and Use and Abuse of the Latarjet Procedure. - Contains new and updated content on instability repair, cuff repair, fracture management, and infection and outcome assessment, as well as greatly expanded coverage of arthroscopy. - Includes more than 60 updated video clips that provide step-by-step guidance on key procedures, as well as 2,200 full-color illustrations, x-rays, scans, and intraoperative photographs. - Offers scientifically based coverage of shoulder function and dysfunction to aid in the decision-making process. - Extends viewpoints on different procedures with expert opinions from

international authorities, including dissenting and alternative views. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

Related to biceps tenodesis physical therapy protocol

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this

tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, ‘biceps,’ is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, “two,” and caput, “head”). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you’ll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, ‘biceps,’ is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, “two,” and caput, “head”). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you’ll

have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, ‘biceps,’ is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, “two,” and caput, “head”). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you’ll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, ‘biceps,’ is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, “two,” and caput, “head”). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Biceps - Wikipedia The biceps or biceps brachii (Latin: musculus biceps brachii, "two-headed muscle of the arm") is a large muscle that lies on the front of the upper arm between the shoulder and the elbow

Biceps Tendon Rupture: Signs, Diagnosis, Treatment, Recovery Discover how a biceps rupture happens, what signs to look for, and the best ways to treat it through physical therapy, medication, or surgery

Biceps: Anatomy, Function, and Treatment - Verywell Health The biceps is a large muscle situated on the front of the upper arm between the shoulder and the elbow. Also known by the Latin name biceps brachii (meaning "two-headed

Bicep Tendonitis: Pain, Causes, Side Effects & Treatment If you have biceps tendonitis, you'll have bicep pain or tenderness in the area in front of your shoulder. This pain may get worse if you continue to participate in physical activity

The 10 Best Bicep Exercises (Updated 2025) - Jacked Gorilla The biceps are a key muscle in the upper body, and they help many people feel confident and strong. Incorporating bicep exercises into your upper body workouts is the most

Biceps brachii muscle: Origin, insertion, action | Kenhub Need to quickly learn the attachments, innervations and functions of the biceps brachii muscle? Join us as we break down this tricky topic step-by-step

Biceps Brachii Muscle - Action, Origin, Insertion, & Diagram Biceps brachii is one of the primary flexor muscles in the arm, involved in the functioning of both the elbow and shoulder. Its name, 'biceps,' is derived from its two heads

Biceps muscle | Arm Flexion, Shoulder Movement, & Forearm Biceps muscle, any muscle with two heads, or points of origin (from Latin bis, "two," and caput, "head"). In human beings, there are the biceps brachii and biceps femoris

Biceps Brachii - WikiSM (Sports Medicine Wiki) The Biceps Brachii is a muscle that attaches at both the shoulder and elbow and is associated with a wide variety of pathology at those two joints

Where Are Your Biceps? Anatomy and Functions - MedicineNet In humans, the two main biceps in the body are the biceps brachii and the biceps femoris. The first bicep brachii includes the large muscle on the front side of the upper arm, which is

Related to biceps tenodesis physical therapy protocol

What is biceps tenodesis? (Medical News Today3y) Biceps tenodesis is a surgery to repair the biceps tendon. This procedure can help if pain or an injury affects the biceps tendon in and around the shoulder. In biceps tenodesis, a surgeon removes a

What is biceps tenodesis? (Medical News Today3y) Biceps tenodesis is a surgery to repair the biceps tendon. This procedure can help if pain or an injury affects the biceps tendon in and around the shoulder. In biceps tenodesis, a surgeon removes a

Back to Home: http://www.devensbusiness.com