

# **biceps tenodesis protocol physical therapy**

**biceps tenodesis protocol physical therapy** is a critical component in the recovery process following biceps tenodesis surgery, a procedure designed to address injuries or chronic pain in the biceps tendon. This specialized rehabilitation protocol aims to restore shoulder strength, improve range of motion, and ensure optimal healing of the tendon attachment. Effective physical therapy after biceps tenodesis is essential to minimize complications, prevent stiffness, and facilitate a safe return to daily activities and sports. This article provides a comprehensive overview of the phases of rehabilitation, recommended exercises, precautions, and expected outcomes associated with biceps tenodesis protocol physical therapy. Understanding these elements helps patients and clinicians optimize recovery and functional results.

- Overview of Biceps Tenodesis Surgery
- Phases of Biceps Tenodesis Protocol Physical Therapy
- Rehabilitation Exercises and Techniques
- Precautions and Contraindications
- Expected Outcomes and Return to Activity

## **Overview of Biceps Tenodesis Surgery**

Biceps tenodesis surgery involves detaching the long head of the biceps tendon from its original attachment within the shoulder joint and reattaching it to the humerus bone. This procedure is typically performed to alleviate pain from biceps tendonitis, partial tears, or instability that is not responsive to conservative treatment. By securing the tendon outside the joint, biceps tenodesis prevents further irritation and restores normal shoulder biomechanics. The success of the surgery largely depends on appropriate postoperative care, with physical therapy playing a pivotal role in the rehabilitation process.

## **Phases of Biceps Tenodesis Protocol Physical Therapy**

The rehabilitation after biceps tenodesis surgery is carefully structured

into phases to ensure tendon healing while gradually restoring function. Each phase has specific goals and therapeutic interventions designed to progress safely through recovery.

## **Phase 1: Protection and Immobilization (Weeks 0-4)**

During the initial phase, the primary focus is to protect the surgical repair and minimize stress on the biceps tendon. The arm is typically immobilized in a sling, and active use of the shoulder and elbow is limited.

- Maintain immobilization with a sling as directed by the surgeon
- Perform gentle passive range of motion (ROM) exercises for the shoulder and elbow to prevent stiffness
- Avoid active biceps contractions and resisted elbow flexion
- Manage pain and swelling through ice therapy and elevation

## **Phase 2: Early Motion and Gentle Strengthening (Weeks 4-8)**

After sufficient healing, therapists introduce controlled active motion and gentle strengthening exercises. The goal is to regain mobility without compromising tendon integrity.

- Progress from passive to active-assisted and active ROM exercises
- Begin isometric strengthening of the shoulder muscles, excluding biceps activation
- Gradually discontinue sling use based on comfort and surgeon's advice
- Continue to avoid heavy lifting and sudden movements

## **Phase 3: Strengthening and Functional Restoration (Weeks 8-12)**

This phase emphasizes rebuilding strength and endurance in the biceps and surrounding musculature while restoring functional use of the arm and shoulder.

- Introduce isotonic strengthening exercises for the biceps and shoulder

- Focus on scapular stabilization and rotator cuff strengthening
- Incorporate proprioceptive and neuromuscular control exercises
- Begin light functional activities tailored to patient goals

## **Phase 4: Advanced Strengthening and Return to Activity (Weeks 12 and Beyond)**

The final phase aims to prepare the patient for return to full activity, including sports and heavy lifting. Emphasis is on comprehensive strength, endurance, and dynamic control.

- Progress resistance and intensity of strengthening exercises
- Implement sport-specific and occupational training drills
- Ensure pain-free full range of motion and strength comparable to the unaffected side
- Monitor for any signs of overuse or discomfort

## **Rehabilitation Exercises and Techniques**

Effective implementation of the biceps tenodesis protocol physical therapy involves a variety of therapeutic exercises and modalities designed to promote healing and restore function.

### **Range of Motion Exercises**

These exercises are critical during the early and middle phases of rehabilitation to prevent joint stiffness and maintain shoulder and elbow mobility.

- Passive shoulder flexion and abduction
- Pendulum exercises
- Elbow flexion and extension within pain-free range
- Forearm supination and pronation

## **Strengthening Exercises**

Strengthening focuses on building the muscular support around the shoulder and elbow while protecting the healing tendon.

- Isometric contractions of the shoulder without biceps activation
- Biceps curls with light resistance introduced gradually
- Scapular retraction and depression exercises
- Rotator cuff strengthening with resistance bands or light weights

## **Neuromuscular and Proprioceptive Training**

These techniques improve joint stability and coordination necessary for functional recovery.

- Closed kinetic chain exercises such as wall push-ups
- Balance and coordination drills
- Dynamic stabilization exercises using physioballs or unstable surfaces

## **Precautions and Contraindications**

Adherence to specific precautions is crucial to avoid compromising the surgical repair and to ensure safe progression through the rehabilitation stages.

## **Avoidance of Early Active Biceps Contraction**

Active contraction of the biceps can place undue stress on the healing tenodesis site and should be avoided during the initial phases of rehabilitation.

## **Limitations on Range of Motion**

Excessive or aggressive stretching of the shoulder, particularly in external rotation and abduction, can jeopardize the repair. Range of motion should be progressed under professional supervision.

## **Monitoring for Pain and Inflammation**

Any increase in pain, swelling, or discomfort should prompt reevaluation of the therapy intensity and activities to prevent injury or complications.

## **Contraindicated Activities**

- Heavy lifting or sudden jerky movements in early phases
- Overhead activities that strain the biceps tendon prematurely
- High-impact sports before adequate healing and strength are achieved

## **Expected Outcomes and Return to Activity**

With adherence to the biceps tenodesis protocol physical therapy, most patients achieve significant pain relief, improved shoulder function, and restoration of strength. The timeline for return to work and sports varies depending on individual healing and activity demands.

## **Timeline for Return to Activities**

Typically, light activities and sedentary work can resume within 6 to 8 weeks post-surgery, while more strenuous work or athletic participation may require 4 to 6 months. Full recovery involves regaining near-normal strength and motion without pain.

## **Factors Influencing Recovery**

- Patient age and overall health
- Extent of tendon damage and surgical technique used
- Consistency and quality of physical therapy adherence
- Pre-existing shoulder conditions or comorbidities

## **Long-Term Prognosis**

Most individuals experience long-lasting relief from biceps-related shoulder

pain and improved function when following a structured biceps tenodesis protocol physical therapy. Ongoing maintenance exercises may be recommended to preserve shoulder health and prevent future injury.

## **Frequently Asked Questions**

### **What is biceps tenodesis protocol in physical therapy?**

Biceps tenodesis protocol in physical therapy refers to the structured rehabilitation plan designed to restore function, strength, and mobility following a biceps tenodesis surgery, which involves reattaching the biceps tendon to the humerus bone.

### **When does physical therapy typically begin after biceps tenodesis surgery?**

Physical therapy usually begins within one to two weeks after surgery, starting with gentle passive range of motion exercises to protect the repair and prevent stiffness.

### **What are the main goals of early-phase physical therapy after biceps tenodesis?**

The early phase focuses on pain management, reducing inflammation, protecting the surgical site, and gradually restoring passive range of motion without stressing the repaired tendon.

### **How long does the rehabilitation process take following biceps tenodesis surgery?**

Rehabilitation typically takes about 3 to 6 months, with progression from passive and active-assisted exercises to strengthening and functional activities as healing permits.

### **When can strengthening exercises begin in the biceps tenodesis physical therapy protocol?**

Strengthening exercises usually start between 6 to 8 weeks post-surgery, depending on the surgeon's protocol and the patient's healing progress.

### **Are there any specific precautions to follow during**

## **physical therapy after biceps tenodesis?**

Yes, patients should avoid heavy lifting, resisted biceps contractions, and overhead activities in the early phases to prevent stress on the repair and ensure proper healing.

## **What types of exercises are included in the late phase of biceps tenodesis physical therapy?**

The late phase includes progressive resistance strengthening, functional training, range of motion exercises, and sport-specific or occupational activities to restore full function.

## **How is pain managed during physical therapy for biceps tenodesis?**

Pain is managed through modalities such as ice, anti-inflammatory medications, activity modification, and careful progression of exercises to avoid overloading the healing tendon.

## **Can physical therapy after biceps tenodesis improve long-term outcomes?**

Yes, following a structured physical therapy protocol is critical for optimal recovery, helping to restore strength, mobility, and function, and reducing the risk of complications or re-injury.

## **Additional Resources**

### *1. Biceps Tenodesis Rehabilitation: A Comprehensive Guide for Physical Therapists*

This book offers an in-depth approach to post-surgical rehabilitation protocols specifically tailored for biceps tenodesis patients. It covers anatomy, surgical techniques, and step-by-step physical therapy interventions. The guide emphasizes evidence-based practices to optimize patient outcomes and minimize complications.

### *2. Postoperative Physical Therapy Protocols for Biceps Tenodesis*

Focused on structured rehabilitation, this text provides detailed timelines and exercise progressions following biceps tenodesis surgery. It discusses pain management, range of motion restoration, and strengthening exercises. The book serves as a practical resource for clinicians seeking to standardize their treatment plans.

### *3. Orthopedic Rehabilitation of the Shoulder: Biceps Tenodesis and Beyond*

This comprehensive volume delves into shoulder rehabilitation with a dedicated section on biceps tenodesis. It integrates surgical insights with

therapeutic strategies to guide recovery from injury to return-to-sport. The book also explores common challenges and modifications for diverse patient populations.

#### *4. Evidence-Based Protocols for Biceps Tendon Surgery Rehabilitation*

Highlighting current research, this book synthesizes clinical evidence to formulate effective rehabilitation protocols after biceps tendon surgeries, including tenodesis. It evaluates outcomes related to different physical therapy approaches and provides recommendations for best practices. The text is ideal for clinicians aiming to implement science-driven care.

#### *5. Rehabilitation Techniques for Biceps Tenodesis: From Surgery to Function*

This book outlines the progression from immediate postoperative care through advanced functional training after biceps tenodesis. It includes therapeutic exercises, manual therapy options, and patient education tips. The author emphasizes individualized care and monitoring to enhance recovery timelines.

#### *6. Shoulder and Elbow Rehabilitation: Protocols for Biceps Tenodesis Patients*

Covering both shoulder and elbow rehabilitation, this resource addresses the interconnectedness of these joints in recovery. It provides protocol variations based on surgical methods and patient goals. The text supports therapists in designing comprehensive rehab programs that promote strength and mobility.

#### *7. Clinical Guide to Biceps Tenodesis Surgery and Rehabilitation*

This guide bridges the gap between surgical procedure details and rehabilitation practices for biceps tenodesis. It offers a clear overview of surgical indications, intraoperative considerations, and postoperative therapy. The book is beneficial for both surgeons and physical therapists collaborating on patient care.

#### *8. Functional Recovery After Biceps Tenodesis: Physical Therapy Strategies*

Focusing on restoring function, this book emphasizes activity-specific rehabilitation techniques after biceps tenodesis. It discusses biomechanical principles and incorporates case studies to illustrate effective therapy interventions. The resource is designed to improve patient engagement and long-term outcomes.

#### *9. Advanced Rehabilitation Protocols for Biceps Tenodesis and Shoulder Injuries*

This advanced text explores rehabilitation protocols that address complex cases involving biceps tenodesis and concomitant shoulder injuries. It combines surgical insights with progressive therapy methods, including neuromuscular re-education and sport-specific training. The book is suitable for experienced clinicians seeking specialized knowledge.

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**biceps tenodesis protocol physical therapy: 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 protocol physical therapy: 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](http://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](http://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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: 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 protocol physical therapy: Curbside Consultation of the Shoulder**

Gregory Nicholson, Matthew Provencher, 2024-06-01 Are you looking for concise, practical answers to those questions that are often left unanswered by traditional shoulder references? Are you seeking brief, evidence-based advice for complicated cases or controversial decisions? Curbside Consultation of the Shoulder: 49 Clinical Questions provides quick answers to the thorny questions most commonly posed during a "curbside consultation" between orthopedic surgical colleagues. Drs. Gregory P. Nicholson and Matthew T. Provencher have designed this unique reference which offers expert advice, preferences, and opinions on tough clinical questions commonly associated with the shoulder. The unique Q&A format provides quick access to current information related to the shoulder with the simplicity of a conversation between two colleagues. Numerous images, diagrams, and references are included to enhance the text and to illustrate the management of shoulders. Curbside Consultation of the Shoulder: 49 Clinical Questions provides information basic enough for residents while also incorporating expert advice that even high-volume clinicians will appreciate. Practicing orthopedic surgeons, orthopedic residents, and medical students will benefit from the user-friendly and casual format and the expert advice contained within. Some of the questions that are answered: How do you manage first time shoulder dislocations in a high level athlete? How do you diagnose and manage SLAP lesion, both in athletes and in laborers, and the impact of age on outcomes? What are the indications for long head of biceps tenotomy versus tenodesis in RC repair surgery? After an arthroscopic instability repair for recurrent anterior instability, when is the patient allowed to return to contact sports? What are the indications of ORIF of an acute fracture of the mid-shaft clavicle? What are the indications of ORIF and indications for hemiarthroplasty in the treatment of a proximal humerus fracture? When is arthroscopic closure of the rotator interval indicated in the setting of shoulder instability— anterior, posterior, multidirectional?

**biceps tenodesis protocol physical therapy:** *Disorders of the Rotator Cuff and Biceps Tendon E-Book* Matthew T. Provencher, Brian J. Cole, Anthony A. Romeo, Pascal Boileau, Nikhil Verma, 2019-06-01 With a concise, expert focus on one of today's hottest topics in shoulder surgery, *Disorders of the Rotator Cuff and Biceps Tendon* provides thorough, up-to-date coverage of all aspects of this fast-changing area. This unique volume covers everything from physical examination and imaging workup to state-of-the-art treatment methodologies and clinical indications for operative techniques. Designed with the clinician in mind, it offers a comprehensive, well-illustrated approach in an easy-to-read format, supplemented by surgical videos created by leaders in the field. - Expert contributing authors describe every procedural step in a logical, methodical manner, offering clinical and technical pearls from personal experience. - Surgical techniques are written with the general orthopaedist in mind and include an emphasis on transitioning to all-arthroscopic techniques. - Coverage includes non-operative care, including an emphasis on rotator cuff and proximal biceps rehabilitation techniques, injections, and modalities. - Expert discussions include advanced arthroscopic rotator cuff repair techniques, revision surgery, and arthroplasty (hemiarthroplasty, total shoulder, and reverse shoulder arthroplasty) for failed cuff repair. - Unique! Includes salvage reconstruction techniques including tendon transfers, biologic patches, and emerging technologies. - More than 1100 high-quality illustrations include both original artwork and clinical photographs that accurately depict important aspects of each procedure for surgical management. - Before each surgical technique, quick-reference text boxes in bulleted format present guidelines for arriving at the associated diagnosis. - Ideal for orthopaedic surgeons, fellows, residents, and students in orthopaedic surgery as well as physical therapists, physician assistants and athletic trainers.

**biceps tenodesis protocol physical therapy:** *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 protocol physical therapy:** *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 protocol physical therapy:** *Campbell's Operative Orthopaedics, E-Book*

Frederick M. Azar, S. Terry Canale, James H. Beaty, 2020-12-23 Still the most widely used comprehensive resource in orthopaedic surgery, Campbell's Operative Orthopaedics is an essential reference for trainees, a trusted clinical tool for practitioners, and the gold standard for worldwide orthopaedic practice. Unparalleled in scope and depth, this 14th Edition contains updated diagnostic images, practical guidance on when and how to perform every procedure, and rapid access to data in preparation for surgical cases or patient evaluation. Drs. Frederick M. Azar and James H. Beaty, along with other expert contributors from the world-renowned Campbell Clinic, have collaborated diligently to ensure that this 4-volume text remains a valuable resource in your practice, helping you achieve optimal outcomes with every patient. - Features evidence-based surgical coverage throughout to aid in making informed clinical choices for each patient. - Covers multiple procedures for all body regions to provide comprehensive coverage. - Keeps you up to date with even more high-quality procedural videos, a new chapter on biologics in orthopaedics, and expanded and updated content on hip arthroscopy, patellofemoral arthritis and more. - Follows a standard template for every chapter that features highlighted procedural steps, high-quality illustrations for clear visual guidance, and bulleted text. - 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

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**biceps tenodesis protocol physical therapy: *Advances in the Treatment of Rotator Cuff Tears, An Issue of Clinics in Sports Medicine, E-Book*** Brian C Werner, 2022-11-17 In this issue, guest editors bring their considerable expertise to this important topic. Provides in-depth reviews on the latest updates in the field, providing 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

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**biceps tenodesis protocol physical therapy: Quality, Value, and Patient Safety in Orthopedic Surgery, An Issue of Orthopedic Clinics** Frederick M. Azar, 2018-09-20 This issue of Orthopedics Clinics will survey a broad range of topics across sub-specialty areas on Quality, Value, and Patient Safety in Orthopedic Surgery. Each issue in the series is edited by an experienced team of surgeons from the prestigious Campbell Clinic. Articles in this issue will cover the following topics: Improving Joint Replacement with Continuous Quality Improvement Methods and Tools, Osteolysis as it Pertains to Total Hip Arthroplasty, Perioperative Safety, Pediatric Spine Surgery, Standardization of Care of Common Pediatric Fractures, The volume-value relationship in shoulder arthroplasty, Practicing cost-conscious shoulder surgery, Patient Safety with Driving after Foot and Ankle Surgery, Optimizing Outpatient Total Ankle Replacement from Clinic to Pain Management, The Role of Generic Implants in Orthopaedic Trauma, and The Role of Business Education in the Orthopaedic Curriculum, among others.

**biceps tenodesis protocol physical therapy: *Sports Injuries*** Mahmut Nedim Doral, Reha N. Tandoğan, Gideon Mann, René Verdonk, 2011-11-07 In recent years, research studies into sports injuries have provided healthcare professionals with a better understanding of their etiology and natural history. On this basis, novel concepts in the diagnosis and management of these conditions are now being explored. This timely book offers a complete guide to the latest knowledge on the diagnosis and treatment of the full range of possible sports injuries. Individual sections are devoted to biomechanics, injury prevention, and the still emerging treatment role of growth factors, which foster more rapid tissue healing. Sports injuries of each body region are then examined in detail, with special attention to diagnostic issues and the most modern treatment techniques. In addition, pediatric sports injuries, extreme sports injuries, the role of physiotherapy, and future developments are extensively discussed. All who are involved in the care of patients with sports injuries will find this textbook to be an invaluable, comprehensive, and up-to-date reference.

**biceps tenodesis protocol physical therapy: Routledge Handbook of Sports and Exercise Therapy** Keith Ward, 2024-06-13 The Routledge Handbook of Sports and Exercise Therapy is a methodically detailed, authoritative, contemporaneous and practical reference source for all those involved in sports and exercise therapy, whether students, established practitioners, educators or researchers. This comprehensive handbook cohesively presents foundational subjects and introduces principles and applications to support the development and practice of sports and exercise therapists. These are presented alongside new essential and evolving topic areas. Such a blend of fundamental underpinning and applied and experiential practical guidance gives this handbook a real sense of relevancy, and a contribution which can help to consolidate the positioning of sports and exercise therapists as key practitioners in an advancing landscape of health, exercise, sport, research and education. The handbook has been produced to create a seamless reference source for readers, but each of its chapters are also designed to be stand-alone presentations in their own right. The following areas are covered: Learning and teaching Evidence-based practice Anatomy and physiology Pathology of injuries Health and safety Clinical assessment Therapeutic modalities Injury rehabilitation Sports and exercise as medicine Sports and exercise nutrition Sports and exercise psychology Professionalism and ethics Structural and cultural competency Sideline sports injury management Management of regional injury conditions Case studies in sports and exercise therapy Employability and career development The handbook is comprehensively referenced and multi-authored. Its design incorporates numerous photographs, figures, tables and detailed sample document templates. It can be considered as an essential and topical resource for anyone involved in sports and exercise therapy, whether in their first year as an undergraduate or already working in professional practice.

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