

## Biceps Tenodesis Rehabilitation Protocol

- Post-op management typically dictated by the procedures done in conjunction with the biceps tenodesis
- The following therapy/restrictions are for all biceps tenodesis procedures
  - Sling for three to four weeks while sleeping and out in public; okay to be out of sling when sitting
  - Elbow range of motion: Active assistive range of motion in flexion for first four weeks then active range of motion and passive stretching at end ranges
  - Advance to full active and passive shoulder motion during first six weeks
  - Grip strengthening can progress as tolerated
  - **Isometrics with arm at side** for rotator cuff and deltoid strengthening started at four weeks (when done as isolated procedure) advance to elastic bands as tolerated
  - Low resistance strengthening related to elbow flexion or forward elevation of the arm with the elbow extended starts at eight weeks and progressed to full starting at 12 weeks
  - No eccentric biceps contraction for three months
  - Return to unrestricted functional activities at three to four months