
Biceps Tenodesis

Name: _____ Date: ____ / ____ / ____

Phase I: Passive (Week 1)

- Sling x4 weeks post-operative
- Pendulums to warm-up
- Passive range of motion
- Elbow/wrist/hand AROM
- Begin active scapular retraction/protraction exercises with therapist cueing
- Supine external rotation – full
- Supine forward elevation – full (with elbow flexed)
- Supine internal rotation – full

Phase II: Active (Week 2)

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine to start → seated external rotation
- Supine to start → seated forward elevation (with elbow flexed)
- Internal rotation

Phase III: Resisted (Weeks 3 to 6)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs
- **No resisted elbow flexion/supination until week six**

Weight Training (Week 6)

- Light bicep curls/resisted supination gradually progressed to premorbid levels
- Keep hands within eyesight and elbows bent
- Minimize overhead activities
- **No** military press, pull-downs behind head or wide grip bench
- Gradual progression of resistance controlling velocity, duration, intensity and frequency