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## Biceps Tenodesis

**General** Sling for comfort for first two weeks; discontinue after two weeks as tolerated

**Phase I: Passive** Pendulums to warm-up  
Passive range of motion (ROM) only

Week 1 to 2 Full passive elbow flexion/extension  
Full passive forearm supination/pronation  
Full passive shoulder range of motion  
**No lifting more than two pounds**

**Phase II: Active** Pendulums to warm-up  
Active range of motion with passive stretch to prescribed limits

Week 3 to 6 Active elbow flexion and extension: Full ROM allowed  
Active forearm supination/pronation: Full ROM allowed  
Full active shoulder range of motion  
**May lift up to five pounds**

**Phase III: Resisted** Pendulums to warm-up and continue with Phase II

Week 7 Bicep curls: May progress two pounds per week  
Resisted supination and pronation  
Internal and external rotation  
Standing forward punch  
Seated rows  
Shoulder shrugs  
Bear hugs

### Weight Training

Week 8 Keep hands within eyesight and elbows bent  
Minimize overhead activities  
(No military press, pull down behind head or wide grip bench)

**Return to Activities** Computer: One week  
Driving: Four weeks  
Golf (chip and putt): Eight weeks  
Tennis/full golf: 12 weeks