



Biceps Tenodesis

Sling for 1-3 weeks, discontinue as tolerated

All ROM for weeks 0-6 performed with elbow flexed

May advance rehab as rapidly as motion and pain allow

****NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS**

Phase 1- PASSIVE

Pendulums to warm-up and passive ROM

Week 1

Elbow/wrist/hand AROM

Begin active scapular retraction/protraction exercise with therapist cueing

PROM and AAROM as tolerated

Supine External Rotation - Full

Supine Forward Elevation – Full (with elbow flexed)

Supine Internal Rotation – Full

Phase 2: ACTIVE

Pendulums to warm-up

Active ROM with terminal stretch to prescribed limits

Week 3

Supine to start → Seated External Rotation

Supine to start → Seated Forward Elevation (with elbow flexed)

Internal Rotation

Phase 3- RESISTED

Pendulums to warm-up and continue with phase 2

Week 7

External and Internal Rotation Standing

forward punch

Seated Rows/Shoulder Shrugs

Bicep Curls/Bear Hugs

Weight Training

Week 8

Light bicep curls/resisted supination gradually progressed to pre-morbid levels

Keep hands within eyesight; keep elbows bent

Minimize overhead activities

Gradual progression of resistance controlling velocity, duration, intensity, and frequency

(No Military press, pull downs behind head, or wide grip bench)

Return to Activities

Computer

Early - days

Golf

4 weeks (chip and putt only)

Tennis

8 weeks

Contact Sports

4 months