

Biceps Tenodesis Protocol

Phase 1

- **Sling:** Wear sling at all times, including while sleeping. Weeks 0-6
- **Weeks 0-2**
 - Perform scapular stability (shrugs, retraction) and grip exercises as shown
 - PASSIVE flexion/extension of elbow twice daily as shown (Do not over-extend)
 - Wrist and hand motion such as typing okay after 5 days. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
- **Weeks 2-6**
 - Continue activities as outlined above. Progress ROM as directed by your provider and physical therapist (begin only as far as tolerated)
 - PASSIVE ROM Goals: Forward elevation 140°+, external rotation 40°+, abduction 60°- 90°+
 - Careful active ROM of the shoulder is permissible
 - **No active elbow flexion. No forearm supination with resistance. No resistance/ holding objects with the arm/hand greater than 1-2 lb**
 - **No pulleys, pool therapy, or electric stimulation until Phase 2**

Phase 2

- **Weeks 6-12**
 - Advance to active ROM of arm/shoulder/elbow
 - **No resisted biceps force greater than 3-4 lb (elbow flexion or forearm supination)**
 - Goals: Forward elevation 140°+, external rotation 40°+, abduction 90°+
 - Addition of home exercise program as directed by physical therapist
 - **May perform light shoulder/ cuff activity against resistance**

Phase 3

- **Weeks 12+**
 - Begin strengthening program as directed (usually 50-75% effort, limit 3x/wk max), such as low level therabands, rows, etc. Transition to home exercise program
 - Gradual biceps strengthening with progressive resistance exercises
 - **We advise against intense sports/activity with likely impact, falls, or risk of forceful twisting of the shoulder until 6 months post-op**
- **Month 5-6** Return to full activity if cleared