
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