

# Biceps Tenodesis Postoperative Protocol

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**Patient Name:**

**Date of Surgery:**

Sling for comfort, discontinue as tolerated

## **Phase I (Passive) - Week 1**

Pendulums to warm-up  
Passive range of motion  
Full passive elbow flexion/extension  
Full passive forearm supination/pronation  
Full passive shoulder range of motion  
Progress to active ROM as tolerated after 2-3 days

## **Phase II (Active) - Weeks 1-6**

Pendulums to warm-up  
Active Range of Motion with Passive stretch to prescribed limits  
Active elbow flexion and extension - full ROM allowed  
Active forearm supination/pronation - full ROM allowed  
Full active shoulder range of motion

## **Phase III (Resisted) - Week 7**

Pendulums to warm up and continue with phase II  
Biceps curls  
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, keep elbows bent  
Minimize overhead activities  
(No military press, pull down behind head, or wide grip bench)

## **Return to Activities**

Computer - 4 weeks  
Golf - 8 weeks  
Tennis - 12 week