

Biceps Tenodesis Rehabilitation Protocol

Benedict Figuerres, MD
Orthopedic and Sports Medicine
kutopeka.com/ortho

Patient Name:

Date of Surgery:

Phase I - Initial phase - Week 0

Date: _____

- Wear sling for comfort
- Discontinue use as tolerated

Phase II - Passive phase - Week 1

Date: _____

- 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 III - Active phase - Weeks 1-6

Date: _____

- 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 IV - Resisted phase - Week 7

Date: _____

- Pendulums to warm up and continue with Phase III exercises
- Bicep curls
- Resisted supination and pronation
- Internal and external rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs

Phase V - Weight training - Week 8

Date: _____

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

Phase VI - Return to activities

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