

Biceps Tenodesis Protocol

Phase I weeks 0-3

Pendulum exercise with elbow bent

No active shoulder ROM. Gentle passive supine Forward elevation as tolerated with elbow bent

No active biceps contraction

wear sling

Goals: Minimize pain. Protect biceps repair. Begin to regain motion

Phase II weeks 3-6

Continue passive supine Forward elevation. Begin Active ROM shoulder supine

No active elbow flexion. Gentle passive ROM elbow

Goals: Regain passive and active ROM shoulder. Protect biceps repair

Phase III weeks 6-12

Continue passive and active ROM shoulder.

Begin active and passive flexion of elbow.

Begin shoulder strengthening exercises. Rotator cuff and scapula stabilization exercises.

Goals: Regain motion and Begin to regain strength