



Jordan M. Meiss, MD

Biceps Tenodesis

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling except for exercises No active elbow flexion	Elbow, wrist, hand ROM Codman/Pendulum Shoulder P/AA/AROM as tolerated Gentle isometrics (arm at side) at 2wks Posterior capsule stretch Posture training
Weeks 4-8 PT 2-3x/week HEP daily	FF 160°, ER 60°	DC Sling No resisted elbow flexion	Advance P/AA/AROM as tolerated Active elbow flexion (no resistance) Continue isometrics Progress to bands as tolerated
Weeks 8-12 PT 2-3x/week HEP daily	Full ROM Return to activity	No sling Strengthening only 3x/week to avoid rotator cuff tendinitis	Continue ROM exercises Advance strengthening as tolerated Begin eccentric resisted motion and closed chain exercises Gentle resisted elbow flexion (8 weeks)
Weeks 12+ HEP daily	No restrictions	None	Continue above exercises Advance strengthening as tolerated Elbow flexion strengthening (>12 weeks) HEP for maintenance exercises