



***Bicep Tenodesis (Arthroscopic)
Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a surgical dressing and a sling to be worn for the first 4 weeks.
- Ice for at least 3 days.
- Dressings may be taken down at 3 day then keep covered with band-aids
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.
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Precautions:

- **No lifting with biceps for the first 8 weeks (do not lift > a coffee cup of weight).**
- **Avoid resisted elbow flexion and forced passive extension for 8 weeks.**
- **No resisted biceps for 8 weeks.**

2 week Post Op:

- Begin active Range of Motion (ROM) of hand, wrist, elbow, and shoulder. Elbow motion- slow and progressive
- Extension in standing position as tolerated.
- Begin shoulder Pendulums, self-assisted passive ROM of elbow and shoulder in supine position, wand exercises for gentle external rotation, wall climbs.
- Active scapular motion (shrugs, retraction, protraction).
- Continue to wear sling full time for the first 4 weeks, except during therapy or home exercise program.

8 Weeks Post Op:

- Follow up appointment in clinic.
- May begin low-level cuff strengthening after full active ROM has been obtained.

16 Weeks Post Op:

- Follow up appointment in clinic.
- Return to regular activities as tolerated.