



***Bicep Tenodesis
Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a surgical dressing and a sling to be worn for the first 6 weeks.
- Ice for at least 3 days.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

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.**

3-5 Days Post Op:

- May remove dressing, but continue to wear sling.

10-14 Days Post Op:

- Follow up appointment in the clinic with P.A. or Surgeon
- Sutures will be removed in the office.
- At therapy, begin active Range of Motion (ROM) of hand, wrist, and shoulder.
- Light active elbow flexion and 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 6 weeks, except during therapy or home exercise program.

4 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Begin active biceps, slow and progressive.
- Continue to advance shoulder to full active motion (all planes).
- Continue facilitating scapular stability.
- Emphasize continued independent home stretching to maintain motion.
- May begin low-level cuff strengthening after full active ROM has been obtained.

14 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Continue daily stretching and strengthening.
- Return to regular activities as tolerated.

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.