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## Biceps Tenodesis

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Passive (Week 1)

- Sling for comfort, discontinue as tolerated (days, to one week)
- All ROM for weeks 0 to 6 performed with elbow flexed
- May advance rehabilitation as rapidly as motion and pain allow
- Pendulums to warm-up
- Passive range of motion
- Elbow/wrist/hand AROM
- Begin active scapular retraction/protraction exercises with therapist cueing
- PROM and AAROM as tolerated
- Supine external rotation – full
- Supine forward elevation – full (with elbow flexed)
- Supine internal rotation – full

### Phase II: Active (Week 2)

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine to start → seated external rotation
- Supine to start → seated forward elevation (with elbow flexed)
- Internal rotation

### Phase III: Resisted (Weeks 3 to 6)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs
- **No resisted elbow flexion/supination until week six**

### Weight Training (Week 6)

- Light bicep curls/resisted supination gradually progressed to pre-morbid levels
- Keep hands within eyesight and elbows bent
- Minimize overhead activities
- **No** military press, pull-downs behind head or wide grip bench
- Gradual progression of resistance controlling velocity, duration, intensity and frequency

### Return to Activities

- Computer: early days
- Golf: 4 weeks (chip and putt only)
- Tennis: 8 weeks
- Contact sports: 4 months