

**BICEPS TENODESIS  
REHABILITATION PROTOCOL**

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-4 weeks	PROM as tolerated*	<b>0-2 weeks:</b> Worn for comfort only  <b>2-4 weeks:</b> Discontinue	<b>0-2 weeks:</b> Wrist/hand ROM, pendulums, wall stretch at home per instruction sheets  <b>2-4 weeks:</b> Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula  Deltoid cuff isometrics  *Avoid active biceps until 6 wks  Begin scapular protraction/retraction
<b>PHASE II</b> 4-8 weeks	Increase as tolerated to full	None	Advance isometrics with arm at side, rotator cuff and deltoid  Advance to Therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility  <b>*Avoid active biceps until 6 wks</b>
<b>PHASE III</b> 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op