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Biceps Tenodesis

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Near-full shoulder motion; pain controlled*	Shoulder passive/active-assisted to tolerance (elbow slightly bent). Elbow bending and palm-up turning passive or assisted only. No shoulder extension behind body with elbow straight	Sling 2-4 weeks for comfort	Pendulums (no biceps pull), grip with arm relaxed, scapular exercises, gentle cuff isometrics with elbow at 90°. No resisted shoulder flexion
Phase II **4–8 weeks** GOAL TO ADVANCE *Full motion; no front-of-arm pain*	Shoulder and elbow active motion to full	None	Cuff and scapular bands below shoulder height; forearm/wrist resistance. Gentle biceps isometrics from about week 6
Phase III **8–12 weeks** GOAL TO ADVANCE *Pain-free strength progression*	Full	None	Resisted biceps from weeks 6-8*: start at 1 lb, add about 1 lb per week. Progress cuff and scapular strengthening
Phase IV **12+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	None	Unrestricted strengthening; heavy lifting and throwing at about 3-4 months**

NOTES

*Your surgeon may delay resisted biceps work up to 12 weeks

**If approved by physician

NOTE: If rotator cuff repair is also performed, follow the rotator cuff protocol for the shoulder