

## Biceps Tenodesis Protocol

### Protective Phase (0-4 weeks)

- Patient to use sling as tolerated or per MD recommendation
- Instruction in dressing/bathing/etc for wound protection
- Passive/Active Assisted elbow flexion
- AROM wrist flexion/extension
- Gentle wrist stretches, Active/assisted ROM shoulder as tolerated
- No lifting, carrying with operated arm
- No resisted supination or elbow flexion for minimum of 6 weeks (physician discretion)

### Gradual Progressive Strengthening

- 6-8 weeks gradual increase in light AOL use
- 8 weeks (with physician approval) light resistance
- 12 weeks/3months (with physician approval) light gym exercises

If done in conjunction with another repair, default to the most conservative timeframes. The above protocol may be modified at the discretion of the surgeon based upon patient's progress and surgical findings.