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Rehabilitation Instructions: **Biceps Tenodesis**

WEEKS 0–2: No formal outpatient therapy, healing phase at home for tissue recovery

- **Sling with pillow:** Wear at all times except for hygiene, grooming, home exercises
- **Arm position:** Arm at side or in front; when reclining, a pillow should be placed behind the elbow with sling in place so the elbow is always visible
- **Range of Motion:** No shoulder ROM (except pendulums); elbow/wrist motion ONLY
- **Exercises:** Pendulums when pain permits, gripping

THERAPY Phase I (Weeks 2 – 4 after surgery):

- **Sling:** Wear sling at all times with above exceptions until 4 weeks, then wean to discontinue
- **Arm position:** as above
- **Range of Motion:** PROM then AAROM then AROM as pain permits
- **Exercises:** pendulums, supine well arm assisted elevation in scapular plan and ER with stick, no strengthening, gripping
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

THERAPY Phase II (Weeks 4 – 12 after surgery):

- **Sling:** Not required, may consider wearing (without pillow) when outside the home for protection and as sign of vulnerability to others
- **Arm position:** Progress to full as tolerated
- **Range of Motion:** AROM without formal restrictions, include elbow and shoulder
- **Exercises:** continue Phase I, incorporate stretches such as table slides and wall walks as tolerated, advance strengthening as tolerated for concentric cuff, deltoid, scapular stabilizers with emphasis on bands and high rep, low weights (<5#), avoid active biceps strengthening until 8 weeks postop
- **Modalities:** As previous

THERAPY Phase III (Weeks 12 – 16 after surgery):

- **Range of Motion:** increase as tolerated with passive stretching at end ranges
- **Exercises:** continue Phase I/II with home program education, begin eccentric resistance exercises and closed chain activities
- **Athletics:** light athletics at 12 weeks including swimming, water aerobics, jogging and higher level athletics at 16 weeks including tennis, golf, throwing program