

Arthroscopic Biceps Tenodesis

General

Sling for comfort only; discontinue as tolerated

Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1 (passive)

Gentle pendulum exercises

Full passive elbow flexion/extension

Full passive forearm supination/pronation

Full passive shoulder range of motion

Progress to active range of motion as tolerated after 2-3 days

Weeks 1-4 (active)

Full active elbow flexion/extension

Full active forearm supination/pronation

Full active shoulder range of motion

Weeks 4-8 (resistance training)

Initiate bicep curls with progressive weights

Resisted forearm supination/pronation

Resisted shoulder IR/ER with bands

Standing forward punch

Seated rows

Shoulder shrugs and scapular stabilization

Bear hugs

Weeks 8-12 (weight training)

Keep hands within eyesight; keep elbows bent

No military press; no pull downs behind head; no wide grip bench

Minimize overhead activity

Gradual increases in resistance

Return to Activities

Single knee bends

Quads- specific strengthening exercises

Rowing/erg machine

Outdoor biking Sport-specific training with gradual return to agility exercises

Week 12

Computer at 2-4 weeks

Golf at 8 weeks

Contact sports at 12 weeks
