

Biceps Tenodesis

- ROM/Strengthening of the shoulder as tolerated
 - Begin with PROM, progress to AAROM, and AROM, as tolerated
- For 8 weeks, only active elbow flexion
- After 8 weeks, gradually progress resistance as tolerated
- After 10 weeks, may return to overhead work/sports IF:
 - Cleared by surgeon
 - No pain
 - Good ROM and strength
 - Compliant with HEP

Adapted From:

- 1) Brigham and Women's Biceps Tenodesis Protocol