

Rehabilitation Protocol: Biceps Tenodesis

Date of Surgery: _____

Concomitant Procedures: ☐ Subacromial Decompression ☐ Distal Clavicle Excision ☐ Rotator Cuff Repair

Rotator Cuff Repair: If performed, follow the rotator cuff repair protocol with the additional biceps precautions of no active elbow flexion or supination exercises until cleared by MD.

Time points are guidelines – milestones of each phase should be achieved before advancing. Please contact our office with any questions or concerns.

☐ **Phase I (Weeks 0–4)**

- **Sling:** At all times except for exercises and hygiene
- **Range of Motion** – Shoulder PROM as tolerated
- **Precautions:** No active biceps (elbow flexion) or active supination exercises
- **Distal Clavicle Excision:** No horizontal (cross-body) adduction for 8 weeks
- **Therapeutic Exercises**
 - **Weeks 0–2:** Wrist/hand ROM (except supination), pendulums, wall stretch at home per therapist
 - **Weeks 2–4:** Add pulleys/cane-assisted ROM, closed chain scapular exercises, gentle elbow PROM
 - Deltoid and rotator cuff isometrics – minimal and pain-free
 - Scapular protraction/retraction

☐ **Phase II (Weeks 4–8)**

- **Sling:** Discontinue weeks 4–6
- **Range of Motion** – Increase as tolerated to full (no cross-body adduction if DCE performed)
- **Therapeutic Exercises**
 - Advance rotator cuff and deltoid isometrics with arm at side, pain-free
 - Progress to shoulder Therabands and dumbbells as tolerated
 - Capsular stretching at end range to maintain flexibility (no cross-body stretching if DCE performed)
 - Gentle AAROM, then AROM elbow flexion/extension without weight
 - **No active supination exercises**

☐ **Phase III (Weeks 8–12)**

- **Range of Motion** – Progress to full without discomfort; cross-body adduction may begin if DCE performed
- **Precautions:** No resisted biceps or supination exercises until 12 weeks. If DCE performed, no bench press, push-ups, or dips until 12 weeks
- **Therapeutic Exercises**
 - Advance strength training as tolerated
 - Begin eccentrically resisted motions and closed chain activities

☐ **Phase IV (Week 12+)**

- Begin resisted biceps and supination strengthening
- Continue strengthening and flexibility program
- **Advance to sports and full activity as tolerated**



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