



Post-Operative Rehabilitation Guidelines: Biceps Tenodesis

Phase I: Weeks 1-4

1. Sling for first 4-6 weeks
2. PROM → AAROM → AROM of elbow **without** resistance – gives biceps tendon time to heal into new insertion site on humerus without being stressed
3. Encourage pronation/supination without resistance
4. Grip strengthening
5. Maintain shoulder motion by progressing PROM → AROM without restrictions
6. **ROM goals:** Full passive flexion and extension at elbow; full shoulder AROM by 4-6 weeks postop
7. **No resisted motions** until 4 weeks post-op
8. Heat before PT sessions; other physical modalities per PT discretion

Phase II: Weeks 4-12

1. Discontinue sling
2. Begin AROM for elbow in all directions with passive stretching at end ranges to maintain/increase biceps/elbow flexibility and ROM
3. At 6 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
4. At 6 weeks, begin scapular strengthening

Phase III: Months 3-12:

1. Limit strengthening 3x/week to avoid rotator cuff tendonitis
2. Begin UE ergometer
3. Begin eccentrically resisted motions, plyometrics (i.e. weighted ball toss), proprioception (i.e. body blade) and closed chain exercises at 12 weeks.
4. Begin sports related rehab at 3 months, including advanced conditioning; MMI ~ 6 months
 - a. Return to throwing and begin swimming at 3 months → throwing from mound at 4.5 months
 - b. Collision sports at 6 months
5. Consider possible FCE

Important Information

- *Office Hours:* Monday – Friday; 7:30am - 4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.