

Biceps Tenodesis Rehabilitation Protocol

	Range of Motion	Sling	Exercises
Phase 1 0-4 weeks	Passive to Active shoulder ROM as tolerated No rotation with arm in abduction until 4 weeks	0-4 weeks: Sling for comfort	0-2 weeks: wrist/hand ROM, pendulums, 2-4 weeks: Grip strengthening, pulleys/canes, closed chain scapula Begin scapular protraction/retraction 140° Forward Flexion 40° External Rotation with arm at side Internal rotation behind back with gentle posterior capsule stretching Avoid Abduction and 90/90 ER until 8wks No biceps strengthening or resistive elbow flexion/supination until 8 weeks
Phase 2 4-8 weeks	Increase as tolerated to full ROM	None	Discontinue Sling Advance ROM as tolerated (Goals FF to 160°, ER to 60°) Begin isometric exercises Progress deltoid isometrics ER/IR (submaximal) at neutral No biceps strengthening or resistive elbow flexion/supination until 8 weeks
Phase 3 8-12 weeks	Full	None	Advance to full, painless ROM Begin theraband strengthening Begin eccentrically resisted motion and closed chain activities Gradually progress biceps strengthening around 12 weeks
Phase 4 >12 weeks	Full	None	Progress strengthening Advance to sport and full activity as tolerated between 12-16 weeks after MD clearance.