

Biceps Tenodesis Postoperative Protocol
Referral for Rehabilitation Services

Patient Name: _____

Date of Surgery: _____

_____/ Week _____ Weeks

Sling for 3 weeks – No active elbow motion during this time.

Phase 1 - Passive

Week 1-4

Begin:

1. Immediate full elbow passive ROM (flexion and extension)
2. Passive shoulder ROM – all planes, no restrictions

Phase 2 - Active

Week 5-6

Begin:

1. Start active elbow flexion – no restrictions
2. Start active shoulder ROM – no restrictions

Phase 3 - Resistive

Week 7

Begin:

1. Rotator cuff and periscapular (shrugs, rows, serratus, etc) strengthening program (use weights or therabands)
2. Start resisted elbow flexion with bands or weights

Week 8

1. May start weight training – bicep curls and tricep extension

Return to Activities

Computer

4 weeks

Golf

8 weeks – start with chip and putt and advance

Tennis

12 weeks – start with ground strokes and advance

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date