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## **Biceps Tenodesis**

### **0-2 weeks:**

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home

### **2-4 weeks:**

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Begin cuff and deltoid isometrics, limit ER to 30

### **4-12 weeks:**

Sling: Discontinue sling at 6 weeks

Motion:

- 4-8 weeks: begin light resisted ER, forward flexion and abduction; closed chain scapula
- 8-12 weeks: begin resisted IR, extension and scapular retraction

### **12-24 weeks:**

Motion: Progress to full activity without discomfort and advance strengthening as tolerated with closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres



	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-4 weeks	PROM as tolerated*	<b>0-6 weeks:</b> except for exercises and hygiene	<b>0-2 weeks:</b> wrist/hand ROM, pendulums, wall stretch at home per instruction sheets  <b>2-4 weeks:</b> Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula  Deltoid cuff isometrics  <b>*Avoid active biceps until 6 wks</b>  Begin scapular protraction/retraction
<b>PHASE II</b> 4-8 weeks	Increase as tolerated to full	<b>0-6 weeks:</b> except for exercises and hygiene  <b>6-8:</b> no sling	Advance isometrics with arm at side, rotator cuff and deltoid  Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility  <b>*Avoid active biceps until 6 wks</b>
<b>PHASE III</b> 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks

\*If a distal clavicle excision is performed, horizontal adduction should be minimized until pain resolves

Please call with questions or concerns at the phone number above.