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Description automatically generatedBICEPS TENODESIS

REHABILITATION PROTOCOL

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|  | RANGE OF MOTION | SLING | EXERCISES |
| PHASE I  0-2 weeks | Elbow, wrist, and hand ROM as tolerated | Immobilized at all times, day and night, including sleep | Elbow, wrist, and hand ROM; pendulums |
| PHASE II  2-4 weeks | Passive ROM as tolerated | Sling during the day, removed for hygiene and sleep  \*ok to remove sling at 2 weeks for “accelerated biceps tenodesis protocol” | Grip strengthening, pendulums, pulleys; closed chain scapula  Deltoid cuff isometrics, scapular protraction/retraction  **Avoid active biceps** |
| PHASE III  4-8 weeks | Begin AAROM and progress to AROM as tolerated | None | Begin isometrics for rotator cuff and deltoid  Advance to therabands as able. Encourage capsular stretching at end ROM  **Avoid isolated and open chain biceps strengthening** |
| PHASE IV  8-12 weeks | Progress to full ROM as tolerated | None | Begin compound movements against resistance, plyometrics, and closed chain activities  **Avoid isolated and open chain biceps strengthening** |
| PHASE V  12+ weeks | Full ROM | None | May begin isolated/open chain biceps strengthening and advance all strength training as tolerated  Advance to full activity and sport, return to throwing/swimming |

\*no isolated biceps strengthening until 3 months postop