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Arthroscopic Bicep Tenodesis Protocol

Phase I: Protect repair (0 to 4 weeks)

- Sling immobilization always unless showering or performing physical therapy exercises
- Range of motion
 - Passive range of motion as tolerated
 - 0-2 weeks: shoulder pendulums, encourage wrist and hand range of motion
 - 2 weeks: close chain scapula and deltoid isometrics

Phase II: Progress ROM & Protect Repair (>4 weeks)

- May discontinue sling at 6 weeks
- Continue shoulder and elbow range of motion exercises
- At 4 weeks begin rotator cuff and deltoid isometric and band exercises as tolerated
- At 8 weeks may begin active flexion then gradually progress with bicep isometrics, progressing with light bands and weights