



Tim Wang, M.D. *Orthopaedic Surgery and Sports Medicine*
 10710 N. Torrey Pines Road 2205 Vista Way, Suite 210
 La Jolla, CA 92037 Oceanside, CA 92054
 Phone: 858-554-7980 Phone: 760-704-5750
 Fax: 858-404-1813 Fax: 858-404-1813
www.timwangmd.com

Biceps Tenodesis Postoperative Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling except for exercises Avoid terminal elbow extension/flexion Gentle mid-arc AROM OK Avoid resisted elbow flexion	Codman/Pendulum out of sling ok Shoulder P/AA/AROM Wrist, hand ROM Begin elbow isometrics at 2wks Posterior capsule stretch Posture training
Weeks 4-8 PT 2-3x/week HEP daily	FF 160°, ER 60°	DC Sling No resisted elbow flexion	Advance P/AA/AROM as tolerated Progress to bands as tolerated
Weeks 8-12 PT 2-3x/week HEP daily	Full ROM Return to activity	No sling Strengthening only 3x/week to avoid rotator cuff tendinitis	Continue ROM exercises Advance strengthening as tolerated Begin gentle resisted elbow flexion (8 weeks)
Weeks 12+ HEP daily	No restrictions	None	Continue above exercises Advance strengthening as tolerated Elbow flexion strengthening (>12 weeks) Eccentric resisted motion and closed chain exercises HEP for maintenance exercises