



11330 Olive Blvd, Suite 150
 Creve Coeur, MO 63141
 (314) 375-3796 Phone
 (314) 948-9010 Fax

Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
 in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Biceps Tenodesis Rehab Protocol

	Range of Motion	Immobilizer/Sling	Exercises
Phase I 0-4 weeks	PROM as tolerated*	Sling at all times day and night	<p>0-2 weeks: wrist/hand ROM, pendulums, wall stretch at home per instruction sheets</p> <p>2-4 weeks: Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula Deltoid cuff isometrics</p> <p>*Avoid active biceps until 6 weeks Begin scapular protraction/retraction</p>
Phase II 4-8 weeks	Increase as tolerated to full	4-6 weeks: Worn daytime only	<p>Advance isometrics with arm at side, rotator cuff and deltoid</p> <p>Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility</p> <p>*Avoid active biceps until 6 weeks</p>
Phase III 8-12 weeks	Progress to full without discomfort	None	<p>Advance strength training as tolerated</p> <p>Begin eccentrically resisted motions and closed chain activities</p> <p>Advance to sport and full activity as tolerated after 12 weeks</p>

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