



Name:		<b>Patient Flow Sheet</b>
Date of Surgery:		

<b>Biceps Tenodesis Rehab Protocol</b> Benedict Figuerres, MD	
<ul style="list-style-type: none"><li>• <b>Phase I—Initial Phase (Week 0)</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Wear sling for comfort</li><li>• Discontinue use as tolerated</li></ul></li> <li>• <b>Phase II—Passive Phase (Week 1)</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Pendulums to warm-up</li><li>• Passive range of motion</li><li>• Full passive elbow flexion/extension</li><li>• Full passive forearm supination/pronation</li><li>• Full passive shoulder range of motion</li><li>• Progress to active ROM as tolerated after 2-3 days</li></ul></li> <li>• <b>Phase III—Active Phase (Weeks 1-6)</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Pendulums to warm-up</li><li>• Active range of motion with passive stretch to prescribed limits</li><li>• Active elbow flexion and extension – full ROM allowed</li><li>• Active forearm supination/pronation – full ROM allowed</li><li>• Full active shoulder range of motion</li></ul></li> <li>• <b>Phase IV—Resisted Phase (Week 7)</b> <b>Date:</b> _____<ul style="list-style-type: none"><li>• Pendulums to warm-up and continue with Phase III exercises</li><li>• Bicep curls</li></ul></li></ul>	

- Resisted supination and pronation
- Internal and external rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bear hugs

- **Phase V—Weight Training (Week 8)**

**Date:** \_\_\_\_\_

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull down behind head, or wide grip bench)

- **Phase VI—Return to Activities**

- Computer: 4 weeks
- Golf: 8 weeks
- Tennis: 12 weeks