



# **BICEPS TENODESIS POST-OP PROTOCOL**

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**Patient Name:**  
**Date of Surgery:**

Sling for comfort, discontinue as tolerated.

## **Phase I (Passive) - Week 1**

Pendulums to warm-up  
Passive range of motion  
Full passive elbow flexion/extension  
Full passive forearm supination/pronation  
Full passive shoulder range of motion  
Progress to active ROM as tolerated after 2-3 days

## **Phase II (Active) - Weeks 1-6**

Pendulums to warm-up  
Active Range of Motion with Passive stretch to prescribed limits  
Active elbow flexion and extension - full ROM allowed  
Active forearm supination/pronation - full ROM allowed  
Full active shoulder range of motion

## **Phase III (Resisted) - Week 7**

Pendulums to warm up and continue with phase II  
Biceps curls  
Resisted Supination and Pronation  
Internal and External Rotation  
Standing forward punch  
Seated rows

Shoulder shrugs  
Bear hugs

**Weight Training - Week 8**

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

**Return to Activities**

Computer	4 weeks
Golf	8 weeks
Tennis	12 weeks