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**Rehabilitation Guidelines: Biceps Tenodesis**

<b>Post-op</b>	<b>Precautions</b>	<b>Therapy</b>
<b>0-4 weeks</b>	<b>Full PROM and AAROM Active motion below 90</b>	<ul style="list-style-type: none"><li>• C-spine, elbow, wrist, hand AROM</li><li>• Submaximal isometrics</li></ul>
<b>4-8 weeks</b>	<b>Progress to full AROM Avoid lifting with the arm supinated</b>	<ul style="list-style-type: none"><li>• Full AROM</li><li>• RTC and scapular strengthening</li></ul>
<b>8-12 weeks</b>	<b>Okay to start biceps strength with bands</b>	<ul style="list-style-type: none"><li>• Strengthening with bands/advance to light weights</li></ul>
<b>12-16 weeks</b>	<b>Light throwing only</b>	<ul style="list-style-type: none"><li>• Free weights (bench press, lat pull downs, etc), Sport specific exercises</li></ul>
<b>&gt;16 weeks</b>		<ul style="list-style-type: none"><li>• Start interval throwing program</li></ul>

**This is only a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.**

**Return to sports is typically 4-6 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and can compromise the result of your surgery.**

