



## Adam J. Farber, MD

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### Post-Operative Physical Therapy Protocol for Biceps Tenodesis

#### **Week 0-4:**

Passive elbow ROM

Avoid aggressive passive terminal extension

Passive shoulder ROM with no restrictions

Sling at all times when not doing PT or home exercises

No active elbow ROM

No active forearm supination

No biceps strengthening

#### **Week 4-6:**

Begin passive terminal elbow extension

Begin gentle active elbow flexion

Begin active shoulder ROM

Discontinue use of sling

No active forearm supination

No biceps strengthening

#### **Week 6-10:**

Begin active forearm supination

No biceps strengthening

#### **Week 10-12:**

Begin biceps strengthening exercises