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Isolated Biceps Tenodesis Rehab Guidelines

- Sling for 6 weeks
- Pendulums ok at any time

0-6 weeks postop
- Pendulums exercises
- Ok for full hand/wrist motion
- Avoid active elbow supination and flexion so as to not stress the tenodesis site

6-10 weeks postop
- Goal : **Full AROM by 10 weeks postop**
- Achieve terminal passive motion
- Start AROM as tolerated
- Start Gentle Isometrics at 6-8wks postop

8-12 weeks postop
- Start progressive biceps strengthening in slow stepwise progression

12 weeks postop
- Begin more aggressive strengthening program and return to specific sport drills

4-6 months postop
- Goal for full return to sport