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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