



# Sports Medicine

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## Biceps Tenodesis Guidelines

Post Op Time:	Exercise Progression
Day 4 – Week 1	<ul style="list-style-type: none"> <li>Instruct in wound/incision care</li> <li>Remain in sling</li> <li>PROM all planes as tolerated (no active bicep x 4 weeks)</li> <li>Instruct in HEP: ball squeezes, PROM shoulder and elbow and AROM wrist &amp; hand</li> <li>Begin scapular mobility &amp; stabilization</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>Continue progressive PROM and AAROM</li> <li>progress scapular isometrics</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>Progress AAROM and AROM</li> </ul> <p><b>*Goal full PROM @ elbow WNL*</b></p>
Weeks 4-5	<ul style="list-style-type: none"> <li>Wean out of sling at 4 weeks</li> <li>Progress shoulder to AROM as tolerated all planes</li> <li>Active elbow ROM with no resistance</li> <li>Progress isometric, active motion, no lifting/pushing/pulling</li> <li>Posterior shoulder capsular stretching</li> </ul> <p><b>*Goal GH PROM WNL 4 weeks*</b></p>
Weeks 6-7	<ul style="list-style-type: none"> <li>Begin Shoulder AROM as tolerated all planes</li> <li>Instruct in proper GH rhythm</li> <li>PRE's without weight: flex, scaption, AB, SL ER/IR, SA, prone rows; begin TB IR/ER &amp; ext. @ week 7</li> </ul> <p><b>*Goal GH AROM WNL wk 6*</b></p>
Weeks 8-10	<ul style="list-style-type: none"> <li>Begin adding weights/resistance (&lt;2lbs until wk. 10) &amp; UBE</li> <li>Progress to loaded bicep strengthening including resisted supination</li> </ul>
Weeks 10-12	<ul style="list-style-type: none"> <li>Begin weight machines: lat pulls, rows, rear delt, middle delt</li> <li>Continue to progress strengthening with free wts.</li> </ul>
3 Month–4 Month	<ul style="list-style-type: none"> <li>Begin functional or sport specific exercise (golf, tennis, throwing programs)</li> </ul> <p><b>*Should have NL and consistent GH rhythm*</b></p>
4 months	<ul style="list-style-type: none"> <li>D/C when able to return to ADLs, work, sports @ full strength, pain free</li> </ul>