

# BICEPS TENODESIS

## Rehab Protocols

 [www.TheAmericanOrthopedics.com/resources](http://www.TheAmericanOrthopedics.com/resources)



Dr. Drew Ratner

**Sling for comfort, discontinue as tolerated**

**All ROM for weeks 0-6 performed with elbow flexed**

**May advance rehabilitation as rapidly as motion and pain allow**

## PHASE I – PASSIVE MOTION

### Week 1

- NSAIDs – Aleve (Naproxen) 220mg – take 2 twice a day for 14 days
- Ice
- Pendulums to warm-up
- Passive Range of Motion
- Elbow/wrist/hand AROM
- Begin Active Scapular retraction/protraction exercises with therapist cueing
- PROM & AAROM as tolerated
- Supine External Rotation – Full
- Supine Forward Elevation – Full with elbow flexed
- Supine Internal Rotation – Full

## PHASE II – ACTIVE MOTION

**Continue with modalities and ROM outlined in Phase 1**

### Week 2

- Supine to Start → Seated External Rotation
- Supine to Start → Seated Forward Elevation (with elbow flexed)
- Internal Rotation

## PHASE III – RESISTED

**Pendulums to warm up and continue with phase 2**

### Week 3-6

- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder Shrugs
- Bear Hugs

**\*\*\* NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS**

**Call [864-807-9998](tel:864-807-9998) with any questions  
about rehab protocols.**



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## PHASE IV – WEIGHT TRAINING

### Week 6

- Light biceps curls//resisted supination gradually progressed to premorbid levels
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- No military press, pull-downs behind head, or wide grip bench
- Gradual progression of resistance controlling velocity, duration, intensity, and frequency

## PHASE V – RETURN TO ACTIVITIES

- **Computer – early days**
- **Golf – 4 weeks (chip and putt only)**
- **Tennis– 8 weeks**
- **Contact Sports – 4 months**

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