

# Biceps Tenodesis

Drew Ratner MD

Blue Ridge Orthopedics – Easley  
309 E 1<sup>st</sup> Ave  
Easley, SC 29640  
(864) 206 – 5905  
Drewratnermd@gmail.com

**PRISMA**  
HEALTH<sup>SM</sup>

**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 Rang 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

## **Phase IV – Weight Training**

### **Week 6**

- Light biceps curls/resisted supination gradually progressed to pre-morbid 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**