



LEVEL
UP
SHOULDER
AT CORE ORTHO

Biceps Tenodesis Protocol

Weeks 1-2

- Patient wearing sling
- Pendulum exercises as instructed post-operatively
- Ice for pain management

Week 2-6

- Start PT at 2 weeks
- Focus on shoulder PROM/AAROM through week 4
- Encourage grip strengthening and elbow PROM
- After week 4, progress shoulder ROM to AROM as tolerated.
- Goal: full shoulder PROM at 6 weeks; full elbow PROM at 4 weeks
- Initiate elbow and forearm AROM at 6 weeks – no resisted supination or elbow flexion

Week 6-12

- Begin elbow AROM without resistance
- May begin forward UBE
- Initiate rotator cuff, deltoid and scapular strengthening exercises at 6 weeks

Week 12+

- May begin reverse UBE
- Begin biceps and forearm strengthening.
- Progress to sport-specific rehab exercises as tolerated after 3 months