



11330 Olive Blvd, Suite 150  
Creve Coeur, MO 63141  
(314) 375-3796 Phone  
(314) 948-9010 Fax

**Van S. Krueger, MD, MBA**

Dual Fellowship-Trained Orthopedic Surgeon  
in Sports Medicine & Trauma

**Shoulder, Elbow & Knee Specialist**

### Biceps Tenodesis Rehab Protocol

|                                | Range of Motion                     | Immobilizer/Sling                   | Exercises   |
|--------------------------------|-------------------------------------|-------------------------------------|---|
| <b>Phase I</b><br>0-4 weeks    | PROM as tolerated*                  | Sling at all times day and night    | <b>0-2 weeks:</b> wrist/hand ROM, pendulums, wall stretch at home per instruction sheets<br><br><b>2-4 weeks:</b> Grip strengthening, pulleys/canes, wrist/hand ROM, pendulums; closed chain scapula<br>Deltoid cuff isometrics<br><br><b>*Avoid active biceps until 6 weeks</b><br>Begin scapular protraction/retraction |
| <b>Phase II</b><br>4-8 weeks   | Increase as tolerated to full       | <b>4-6 weeks:</b> Worn daytime only | Advance isometrics with arm at side, rotator cuff and deltoid<br><br>Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility<br><br><b>*Avoid active biceps until 6 weeks</b>  |
| <b>Phase III</b><br>8-12 weeks | Progress to full without discomfort | None                                | Advance strength training as tolerated<br><br>Begin eccentrically resisted motions and closed chain activities<br><br>Advance to sport and full activity as tolerated after 12 weeks  |

\*If a distal clavicle excision is performed, horizontal adduction should be minimized until pain resolve