

Center for Athletic Medicine
Dr. Preston Wolin
Biceps Tenodesis Protocol

~Please call 773.248.4150 with any and all questions~

- Patient to wear sling or brace for 2-3 weeks for comfort and protection
- Initiate shoulder A/PROM immediately. No limitations for shoulder ROM but have elbow flexed to approximately 90 degrees during all shoulder ROM
- Elbow A/PROM: within patient tolerance working towards full ROM
- NO resisted elbow flexion (biceps) x 6 weeks
- Begin bicep strengthening at 6 weeks post-op with light resistance and progress gradually (not to exceed lifting 20-50# until >3 months post-op)
- Patient will be cleared by MD for return to sport / work