

Dr. Preston Wolin
Biceps Tenodesis Protocol

Please call 773.248.4150 with any questions, or if patient is not progressing

- Sling or brace use
 - To be worn 2-3 weeks for comfort and protection
- Initiate shoulder A/PROM immediately
 - No limitations for shoulder ROM, but have elbow flexed to ~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
 - Start 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