

**PHYSICAL THERAPY PROTOCOL
BICEPS TENODESIS - ACCELERATED**

Weeks 1-2:

- Sling for first 2 weeks
- PROM and AAROM of elbow without resistance
- Encourage pronation/supination without resistance (at 90° elbow flexion)
- Grip strengthening
- Maintain shoulder motion by progressing PROM > AROM without restrictions
- ROM goals: Full passive flexion and extension at elbow; full shoulder AROM

Weeks 2-6:

- Discontinue sling
- Begin AROM for elbow in all directions with passive stretching at end ranges to maintain or increase biceps/elbow flexibility and ROM
- At 4 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated. At 6 weeks, begin scapular strengthening.

Weeks 6-10:

- Begin concentric strengthening, bands, weights <5 lbs
- Advance weighted strengthening at 8 weeks
- Begin sports related rehab at 3 months, including advanced conditioning