

Biceps Tenodesis (conservative) Protocol

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- A. 0-3 weeks post-op
 - 1. Abduction Sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM to tolerance, all planes, progressing to gentle AAROM

- B. 3-6 weeks post-op
 - 1. Wean from sling
 - 2. Cryotherapy and modalities as indicated
 - 3. Exercise
 - a. AAROM transitioning to AROM
 - b. Light, progressive RC strength and scapular stabilization work
 - 4. Avoid loading biceps

- C. 6-12 weeks post-op
 - 1. Progressive strengthening and stabilization work
 - 2. Light, progressive resistive biceps work

- D. 12 weeks post-op
 - 1. Sport specific activities
 - 2. Light, progressive plyometrics

- E. 16 weeks post-op
 - 1. Interval throwing program