

Biceps Tenodesis Protocol (Sub-Pect)

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Updated: Jan, 2016

- A. 0-6 weeks post-op
 - 1. Regular sling – wean 3-5 days postoperatively
 - 2. Encourage normal daily activities
 - 10 lb weight restriction
 - No resisted supination (screwdriver motion)
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM and AROM to tolerance, all planes
 - 4. Light, progressive RC strength and scapular stabilization work
- B. 6-12 weeks post-op
 - 1. Activity progression as tolerated
 - 2. ITP for throwing athletes begin at 10-12 weeks.