

## Keith Corpus, MD

### Biceps Tenodesis

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<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-4</b> PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling except for exercises No active elbow flexion	Elbow, wrist, hand ROM Codman/Pendulum Shoulder P/AA/AROM as tolerated Gentle isometrics (arm at side) at 2wks Posterior capsule stretch Posture training
<b>Weeks 4-8</b> PT 2-3x/week HEP daily	FF 160°, ER 60°	DC Sling No resisted elbow flexion	Advance P/AA/AROM as tolerated Active elbow flexion (no resistance) Continue isometrics Progress to bands as tolerated
<b>Weeks 8-12</b> PT 2-3x/week HEP daily	Full ROM Return to activity	No sling Strengthening only 3x/week to avoid rotator cuff tendinitis	Continue ROM exercises Advance strengthening as tolerated Begin eccentric resisted motion and closed chain exercises Gentle resisted elbow flexion (8 weeks)
<b>Weeks 12+</b> HEP daily	No restrictions	None	Continue above exercises Advance strengthening as tolerated Elbow flexion strengthening (>12 weeks) HEP for maintenance exercises