

Kevin H. Higashigawa, MD
Orthopedic Surgery and Sports Medicine
Windward Orthopaedic Group, Inc.
Kailua: 808-261-4658
Kaneohe: 808-235-6474

Patient Name:

Date of Surgery:

BICEPS TENODESIS REHAB PROTOCOL

Weeks 0-4:

- Sling at all times except for showering and rehab
- AROM wrist flex/ext and hand
- PROM only elbow (flex, ext, pronosupination)
- PROM shoulder to tolerance in all planes
- Scapular retractions/isometrics

Weeks 4-8:

- D/C sling
- Start AAROM → AROM elbow and shoulder (Without resistance)
 - Achieve Full AROM by end of Week 8 (Passive stretching at end ranges okay to achieve final ROM)
- Joint mobilizations shoulder girdle

Weeks 8-12:

- Once FROM restored, begin light strengthening and endurance training
 - Initiate biceps curls, resisted pronation and supination
 - High Reps (30-50), Low weight (1-3 lbs)
 - Start at low dynamic positions
 - Gradually progress exercises at increasing shoulder elevations
 - Exercises should be pain-free
 - Rotator cuff and scapular strengthening

Months 3-4:

- Progress strength and endurance training, adding resistance
- Sports specific drills

Month 4-5

- Return to work Full-Duty (Cleared only by MD)
- Return to Sports (Cleared only by MD)