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## **BICEPS TENODESIS POSTOPERATIVE PROTOCOL**

### **0-2 Weeks**

- Sling immobilization is used for 4-6 weeks. The sling is only removed for hygiene, showering and therapy.
- Begin passive range of motion of the elbow.
- Begin active motion of the wrist and hand.
- Return visit to the office 7-14 days postoperatively.

### **2-6 Weeks**

- Sling immobilization is used for 4-6 weeks. The sling is only removed for hygiene, showering and therapy.
- Continue passive and begin active-assisted range of motion of the elbow.
- Continue active motion of the wrist and hand.
- Begin progressive passive and gentle active-assisted shoulder range of motion in all planes with no motion restrictions.
- No Strengthening Exercises.
- Return visit to the office 6 weeks postoperatively.

### **6-12 Weeks**

- Discontinue sling immobilization.
- Active range of motion of elbow, wrist and hand.
- Begin active shoulder range of motion in all planes with no motion restrictions. Progress to regain full range of motion.
- No Strengthening Exercises until 8 weeks postoperatively; then begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises.
- Return visit to the office 12 weeks postoperatively.

### **3-6 Months**

- Continue active range of motion of elbow, wrist and hand.
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion.
- Begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises. Advance strengthening exercise as tolerated.
- Return visit to the office 6 months postoperatively.

*This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.*