

Winston Salem Shoulder

Dr. S. Bradley Winter, MD • OrthoCarolina

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Biceps Tenodesis — Postoperative Rehabilitation Protocol

Subpectoral or Arthroscopic Biceps Tenodesis • Dr. S. Bradley Winter, MD

PHASE 1: PROTECTION | Weeks 0–4

GOALS

- Protect tenodesis site
- Avoid biceps loading
- Reduce pain

EXERCISES / ACTIVITIES

- Pendulums
- PROM forward flexion and ER
- Wrist/hand ROM
- Elbow ROM — no resistance
- Cryotherapy

PRECAUTIONS

- No active elbow flexion or forearm supination
- No lifting >1 lb

PHASE 2: EARLY ACTIVE MOTION | Weeks 4–8

GOALS

- Begin active elbow flexion
- Restore shoulder AROM
- Scapular stability

EXERCISES / ACTIVITIES

- Active elbow flexion in gravity-eliminated
- AAROM shoulder in all planes
- Scapular retraction
- Gentle isometric biceps at week 6

PRECAUTIONS

- No resisted flexion >90° at elbow
- Avoid heavy lifting

PHASE 3: STRENGTHENING | Weeks 8–14

GOALS

- Progressive biceps loading
- Full shoulder strength
- Functional capacity

EXERCISES / ACTIVITIES

- Biceps curls — light resistance
- Theraband IR/ER
- Pulling patterns (rows)
- Forward flexion strengthening
- Functional ADL activities

PRECAUTIONS

- No heavy carrying
- Avoid sudden eccentric loads

PHASE 4: RETURN TO FULL ACTIVITY | Weeks 14–20

GOALS

- Full strength and endurance
- Return to sport or labor
- Independent HEP

EXERCISES / ACTIVITIES

- Progressive resistance
- Sport-specific training
- Work hardening if needed
- Home program maintenance

PRECAUTIONS

- Heavy manual labor at ~4–5 months with clearance

This protocol is a general guideline and may be modified by Dr. Winter based on intraoperative findings, tissue quality, and individual patient factors. Do not progress through phases without clearance from your surgeon or physical therapist. Questions? Contact OrthoCarolina at (336) 765-5400.

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