

Center for Athletic Medicine
Dr. Preston Wolin
Bicep Tenodesis Protocol

~Please call 773.248.4150 with any and all questions~

- Sling or elbow brace ROM 20 degrees to full flexion x 4 wks
- PROM 20 degrees to full flexion x 4 wks
- AROM of elbow flexion and supination begins at 4 wks
- Resistance strengthening to begin at 8 wks

*****If a patient is not progressing, please call the office for recommendations*****