

**Center for Athletic Medicine
Dr. Preston Wolin
Biceps Tenodesis Protocol**

~Please call 773.248.4150 with any and all questions~

- Patient to wear sling until suture removal appointment
- Patient will issued an elbow brace at suture removal appointment (set to allow 20 degrees to full flexion)
- Initiate shoulder A/PROM immediately. No limitations for shoulder ROM, but have elbow flexed to approximately 90 degrees during all shoulder ROM.
- Elbow PROM: 20 degrees to full flexion x4 weeks.
- Begin AROM for elbow flexion and forearm supination at 4 weeks.
- Begin resistive strengthening at 10 weeks.