



Robert C. Grumet, MD
Linda Zaragoza, MMS, PA-C, ATC

Post-Operative Rehabilitation: Biceps Tenodesis

Phase 1 Physical Therapy (0-6 weeks)

- Sling x 6 weeks
- NO active bicep contraction
- Gentle ROM (passive → active assistive)
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (6-12 weeks)

- Progress to full active ROM as tolerated; no resistance
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (12-24 weeks): progressive strengthening

- Progress to full ROM if not already obtained
- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled

Phase 4 Physical Therapy (24+ weeks): return to pre-injury level and sport

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated
- Full return may take a full 6-12 months or more depending on surgery and recovery