

Bicep Tenodesis

Dr. Erickson

Time Frame	Treatment	Goals
Day 1- 6 weeks postop	<ul style="list-style-type: none"> • Sling as needed for patient comfort. • Progressively remove the sling, as soon as 1 week. Remove for rehab exercises, hygiene and when awake and in safe environments. • ROM: No restrictions at elbow, avoid extremes of extension and abduction. • Strengthening: Minimize biceps tension for 6 weeks with a 5lb lifting restriction. No resisted forearm supination or elbow flexion 	<ul style="list-style-type: none"> • Independent in HEP • Independent in cryotherapy • Independent in donning and doffing of sling.