



**REHABILITATION PROTOCOL:**

**ISOLATED BICEPS TENODESIS**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Sling:** To be worn for 4-6 weeks.  
0-2 weeks: Remove only for showering. Use disposable sling when showering.  
**WEAR THE SLING AT ALL OTHER TIMES.**  
2-4 weeks: Remove the sling or remove the neck strap when sitting and sleeping if desired.  
Support the weight of the arm on a table, cushion or pillow if out of sling.  
**WEAR THE SLING AT ALL OTHER TIMES**  
4-6 weeks: You may wean out of the sling inside the home as comfortable.  
Normal day to day use of the arm is allowed but do not lift anything heavier than 1kg.  
Continue to use the sling outside the home.

**Information for therapist:** Please avoid therapist controlled passive stretching.  
Please avoid pendular exercises.  
Please avoid pulleys until scapular control is demonstrated with no hitching.  
Please take care to avoid tight grip during pulley exercises.  
**PLEASE CONTACT ME AT ANY TIME TO DISCUSS**

**0-2 weeks**

- Follow the 'Shoulder Rehabilitation 0-2 weeks protocol'

**2-6 weeks**

- First post-operative visit at two weeks.
- Ice can be discontinued.
- Level 1 and 2 exercises.
- Do not force or stretch.
- No resisted elbow flexion or forced extension

**6-12 weeks**

- Second post-operative visit at six weeks. **Please complete your online outcomes scores prior to the visit.**
- Completely discard sling.
- Start Level 3 exercises.

**12 weeks – 6 months**

- The next post-operative visit is at 12 weeks. **Please complete your online outcomes scores prior to the visit.**
- Start Level 4 early exercises

**6 months**

- The next post-operative visit is at 6 months. **Please complete your online outcomes scores prior to the visit.**
- Start Level 5 exercises.

**12 months**

- The next post-operative visit is at 12 months. **Please complete your online outcomes scores prior to the visit.**

**Milestones**

Work (light duties / office)	1-2	weeks
Swimming (breaststroke)	6-8	weeks
Driving	6-8	weeks
Work (manual)	3-6	months
Swimming (freestyle)	3-4	months
Golf	3-4	months
Contact Sports	6	months
90% of maximum improvement	6	months
100% of maximum improvement	12-24	months

**Patient Appointment Notes**

**2 Weeks**

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**6 Weeks**

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**12 Weeks**

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