

REHABILITATION PROTOCOL

Biceps Tenodesis

Your guide to recovery



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WELCOME

Your guide to recovery

following biceps tenodesis

This rehabilitation guide has been carefully developed to support your recovery following surgery and to help you achieve the best possible outcome.

It outlines the recommended rehabilitation pathway, providing guidance for your recovery at home and serving as a resource for you and your physiotherapist throughout the rehabilitation process.

Recovery is a gradual and individual journey. While this protocol provides a structured framework, your rehabilitation may be adjusted according to your specific procedure, progress and goals.

We encourage you to work closely with your physiotherapist and follow the advice provided by Dr Harry Constantin and his team during consultations.

We are committed to supporting you throughout your recovery and helping you return safely and confidently to the activities that matter most to you.



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Your recovery in *four phases*

This protocol is designed to guide you and your physiotherapist through your recovery. Your treatment may be adjusted to meet your individual needs. Never push through sharp pain, and always keep your exercises within a comfortable range — never force your elbow straight.

1	Immediate Post-Operative	WEEKS 0-2
2	Early Mobilisation	WEEKS 3-6
3	Active Control	WEEKS 7-12
4	Advanced Strength & Return to Activity	3 MONTHS +

Key principles



A slow recovery helps to minimise complications



Avoid pain and sharp, sudden movements



Focus on control, posture and gradual progression — not speed



Regular physiotherapy reviews keep your recovery safe and steady

3× a day

REPEAT YOUR EXERCISES

Protect your biceps repair



Do not load your biceps for 3 months

Avoid resisted elbow bending and never force your elbow straight until Phase 4.

Things to avoid



No lifting, pushing, pulling or leaning on the arm

Weeks 0–6



No resisted elbow flexion (bending)

Until 3 months



Do not force the elbow straight

No forced passive extension until 3 months



No sudden or jerky arm movements

Including after 3 months

Key milestones



WEEKS 0–2

Sling at all times (off for hygiene and exercises). Wound review at 2 weeks.



WEEK 3

Wean the sling. Breaststroke swimming can start.



WEEKS 7–12

Isometric strengthening and light weights. Freestyle swimming can start.



3 MONTHS +

Biceps strengthening. Return to all sports as desired.

Remember

- **Individualised recovery** – progress is milestone based.
- **Gentle movement** – range of motion should be pain-free and as tolerated; never force end range.
- **Team communication** – ongoing contact between Dr Constantin, your physiotherapist and you keeps progress safe.
- **Healing takes time** – timelines are guides and may need extending.
- **Protect the repair** – avoid jerky, lifting or pulling movements early; respect healing limits.

Immediate Post-Operative

WEEKS 0-2

1

GOALS

Control pain and swelling. Maintain movement in the shoulder, elbow and wrist. Keep the wound clean and dry until it is reviewed at 2 weeks.

PRECAUTIONS

- ◆ Sling at all times for 2 weeks – it may be removed for hygiene and exercises
- ◆ No lifting, pushing, pulling or leaning on the arm
- ◆ Avoid resisted elbow bending (flexion) and forcing the elbow straight (forced passive extension)

PROGRESSION

- Passive elbow range of motion only
- Full active shoulder range of motion
- Scapula setting exercises

WORK & SPORT

No sport or lifting. Focus on healing and keeping the surrounding joints moving.

MAINTENANCE

Ice packs for 20 minutes, 4 times a day. Come out of the sling for personal hygiene.

Early Mobilisation

WEEKS 3-6

2

GOALS

Wean the sling. Achieve full passive range of motion. Start active-assisted range of motion.

PRECAUTIONS

- ◆ Continue to avoid lifting or weight bearing through the arm
- ◆ No resisted biceps work or strengthening
- ◆ Avoid active movement against resistance, and forced passive extension

PROGRESSION

Move from passive to active-assisted range of motion, without resistance.

STRENGTH & CONTROL

Perform 3-5 times daily, within comfort:

- **Shoulder:** active range of motion
- **Elbow:** passive and active-assisted range of motion, without resistance only
- **Forearm:** gentle active supination and pronation (turning the palm up and down) with the elbow at 90°
- **Hand:** grip and finger range exercises

WORK & SPORT

No sport. Gentle movement only. Swimming: breaststroke can start.

MAINTENANCE

Cold therapy as needed. Focus on posture, scapula stability and gentle daily arm use.

Active Control

WEEKS 7-12

3

GOALS

Restore full active elbow and forearm movement. Begin light strengthening towards the end of this phase.

PRECAUTIONS

- ◆ Avoid resisted biceps flexion and forced passive extension

PROGRESSION

- Gradually increase active elbow motion
- Isometric rotator cuff and deltoid strengthening with the shoulder in neutral
- Light scapula strengthening can begin
- Begin light weight lifting

WORK & SPORT

Low-intensity, non-contact exercise (stationary cycling, light cardio). No throwing, racquet sports or upper-body loading yet. Swimming: freestyle can start.

MAINTENANCE

Maintain flexibility and postural strength. Focus on symmetrical shoulder movement.

Advanced Strength & Return to Activity

3 MONTHS +

GOALS

Regain functional arm strength and endurance. Return to work, daily activities and light sport drills. Develop control in resisted movements.

PRECAUTIONS

◆ Avoid sudden or jerky biceps loads

PROGRESSION

Start progressive strengthening. Begin compound upper-limb patterns (push/pull and diagonal movements).

STRENGTH & CONTROL

- Biceps curl progressions
- Shoulder Theraband work (internal and external rotation, flexion, abduction)
- Scapula retraction with a band
- Wall push-ups, progressing to bench or knee push-ups

WORK & SPORT

You can return to all sports as desired.

MAINTENANCE

Continue daily elbow and forearm stretching. Maintain upper-body strength and cardiovascular fitness.