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PHYSICAL THERAPY ORDER – Biceps Tenodesis

Sling for 3-5 days (for comfort only).

Phase 1 - Passive

Pendulums to warm-up

Week 0-2

Elbow/wrist/hand AROM

Begin active scapular retraction/protraction exercises with therapist cueing PROM and AAROM as tolerated

Supine External Rotation – Full

Supine Forward Elevation – Full (with elbow flexed)

Supine Internal Rotation - Full

Phase 2 - Active

Pendulums to warm-up

Week 2-3

Supine to Start → Seated External Rotation

Supine to Start → Seated Forward Elevation (with elbow flexed)

Internal Rotation

Phase 3 - Resisted

Pendulums to warm up

Weeks 3-6

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder Shrugs

Bear Hugs

**** NO RESISTED ELBOW FLEXION/SUPINATION UNTIL 6 WEEKS**

Weight Training

Weeks 6-12

Slowly initiate light bicep curls/resisted supination; gradually progressed to premorbid levels

Keep hands within eyesight, Keep elbows bent.

Minimize overhead activities

(No military press, pull-downs behind head, or wide grip bench)

Gradual progression of resistance controlling velocity, duration, intensity, and frequency

Return to Activities

Computer: early days

Tennis: 12 weeks

Contact Sports: 4-6 months