
Post-Op Protocol for Gregory V. Gomez, MD
Biceps Tenodesis (open or arthroscopic)

Week 0-2

- Maintain sling use
- Pendulum hangs, scapular retractions*, passive ER
 - *Focus on static progressive stretching
- No lifting > weight of coffee cup

Week 2-6

- Wean out of sling
- Begin PT – phase I and II stretching, scapular retractions
- No lifting > 5 lbs

Week 6-10

- Add phase I strengthening and hammer curls and biceps curls
- No lifting > 10 lbs

Week 10-12

- Continue stretching and strengthening as tolerated
- No lifting > 15 lbs