

phil h. berry, jr., m.d.
miguel a. hernandez, III, m.d.
ray f. aronowitz, m.d.
david a. heck, m.d.
zachary kelley, m.d.
alexander cho, m.d.
jason k. lowry, md
jon e. nathanson, d.p.m.



810 north zang blvd.
dallas, tx 75208-4233
telephone (214) 941-4243
fax (214) 941-1153

www.TheBoneDocs.com
www.jasonlowrymd.com

2800 east broad st, suite 510
mansfield, tx 76063
telephone (817) 453-3500
fax (817) 453-3820

Open Biceps Tenodesis Rehab Protocol*

Please refer to the rehab protocol for shoulder arthroscopy for the ROM & strengthening goals. Below are restrictions for biceps tenodesis:

Week 1-4: Protective Phase

- Sling to support the elbow x 4 wks
- Gentle active & passive ROM of the elbow & wrist are OK
- No resisted elbow flexion or wrist supination against >10lbs x 6 wks.
- Limit elbow extension to +10degrs of flexion (try not to completely extend elbow)
- In terms of shoulder, unlimited ROM & no restrictions unless s/p RC repair.

Week 5-6:

- No resisted elbow flexion or wrist supination against >10lbs x 6 wks.**

Week 8-12:

- No isolated biceps curls >20-25lbs x 6 wks**

*** No restrictions if a biceps tenotomy was performed**

**** Revision Biceps Tenodesis(rare): will likely be extended by 3-4 wks**

A handwritten signature in purple ink, appearing to read "J. K. Lowry".

Jason K. Lowry, MD