



## Prox. Biceps tenodesis Protocol:

Very gentle ROM elbow only

ADL's very slow and easy

For Home Health: Dressing change only, no PT.

After sling removal: no resistance exercise to bicep or pectoralis for up to 4-6 weeks.

Arthroscopically: tendon will be screwed in the humerus ---3 weeks immobilization

Open biceps tenodesis: tendon will be sewed in to the pec tendon ---10 days sling