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Biceps Tenodesis Protocol

Phase 1: (0-6 weeks)

No active elbow flexion x 6 weeks.

Limit supination to isometrics x 6 weeks.

Phase 2: (6-12 weeks)

Proceed with active elbow flexion and supination. Ok to begin strengthening with up to 10 pounds.

Phase 3: (12 weeks +)

Progressive strengthening to full.