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Open Subpec Biceps Tenodesis Protocol:

The patient underwent an open subpectoral biceps tenodesis. Their rehab will consist of a sling for 4 weeks while at night and while in public or dangerous situations. If the pt can keep their elbow passively flexed without difficulty during the day, then the sling need not be worn during the day except for the exceptions noted above. Active assist elbow flexion is allowed for the first 4 weeks within the range prescribed. At 4 weeks the sling is discontinued and AROM of the elbow in pronation, supination, flexion, and extension with passive stretching at the end ranges to maintain flexibility is allowed. Isometrics are begun with the arm at the side for RC and deltoid strengthening with advancement to elastic bands. At 3 months elbow strengthening is begun starting with isometrics and then advancing to weights.