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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.