

## Swift Shoulder Institute - Physical Therapy Protocols

### Proximal Biceps Tenodesis Only, with Labral Debridement

- Weeks 0-6: Sling. Full AAROM/PROM. No active biceps/elbow flexion or forearm supination.
- Weeks 6-12: Progress PROM/AROM with 5 lb. lifting restriction. Coffee-cup resistance against biceps.
- Weeks 12-16: Progress ROM/strengthening as tolerated.
- Week 16+: Return to activities as tolerated.