## LHB TENODESIS (February 2015) Dr. Levene

- -Immediate AROM of shoulder & elbow permitted <u>unless</u> restricted for concomitant procedure (e.g. RC repair)
- -No lifting > 5# with affected arm X 6 weeks
- -Begin theraband strengthening @ 6 weeks
- -Unrestricted use anticipated @ 3 months post-op