

## **LONG HEAD BICEP TENODESIS**

**(February 2015)**

**Dr. Levene**

**-Immediate active range of motion (AROM) of shoulder and elbow permitted unless restricted for concomitant procedure (e.g. RC repair)**

**-Begin theraband strengthening @ 6 weeks PO**

**-Unrestricted use anticipated @ 3 months post op**