

What is claimed is:

1. A method for enhancing the efficacy and/or tolerability of a grass allergen-specific subcutaneous immunotherapy (SCIT) regimen in a subject having a grass allergy, the method comprising administering to the subject one or more doses of an interleukin-4 receptor (IL-4R) antagonist in combination with the SCIT regimen, wherein at least one dose of the IL-4R antagonist is administered prior to the start of the SCIT regimen, and wherein the IL-4R antagonist is an anti-IL-4R antibody, or an antigen-binding fragment thereof, that comprises the heavy chain complementarity determining regions (HCDRs) of a heavy chain variable region (HCVR) comprising the amino acid sequence of SEQ ID NO:1 and the light chain complementarity determining regions (LCDRs) of a light chain variable region (LCVR) comprising the amino acid sequence of SEQ ID NO:2.
2. The method of claim 1, wherein the SCIT regimen comprises subcutaneous administration of a grass extract that is from a grass selected from the group consisting of Timothy, Bahia, Bermuda, Johnson, Kentucky bluegrass, Orchard, Redtop, Rye, Sweet Vernal, Meadow Fescue, and combinations thereof.
3. The method of claim 2, wherein the grass extract is from Timothy grass.
4. The method of any one of claims 1 to 3, wherein the SCIT regimen comprises a cluster SCIT regimen.
5. The method of claim 4, wherein the cluster SCIT regimen comprises an up-titration regimen followed by a maintenance regimen, wherein the up-titration regimen comprises administering increasing doses of the grass extract over a period of 4 to 12 weeks and wherein the maintenance regimen comprises administering one or more maintenance doses of the grass extract at the highest dose administered during the up-titration regimen.
6. The method of claim 5, wherein the up-titration regimen comprises administering increasing doses of the grass extract over a period of 8 weeks.
7. The method of claim 5 or 6, wherein the maintenance regimen comprises administering maintenance doses every 1 to 4 weeks for at least 8 weeks.
8. The method of any one of claims 5 to 7, wherein the up-titration regimen comprises up-titrating from a dose of 1 bioequivalent allergy unit (BAU) to a dose of 4,000 BAU and wherein the maintenance regimen comprises administering one or more maintenance doses at 4,000 BAU.
9. The method of any one of claims 1 to 8, wherein the IL-4R antagonist is administered at a dose of about 75 mg to about 600 mg.

10. The method of any one of claims 1 to 9, wherein the IL-4R antagonist is administered as an initial dose followed by one or more secondary doses, wherein each secondary dose is administered 1 to 4 weeks after the immediately preceding dose.
11. The method of claim 10, wherein the initial dose of the IL-4R antagonist is administered from 1 to 7 days before the start of the SCIT regimen.
12. The method of claim 10 or 11, wherein the initial dose comprises 600 mg and each secondary dose comprises 300 mg of the IL-4R antagonist.
13. The method of any one of claims 10 to 12, wherein each secondary dose is administered 2 weeks after the immediately preceding dose.
14. The method of any one of claims 1 to 13, wherein the IL-4R antagonist and the SCIT are not administered to the subject on the same day.
15. The method of any one of claims 1 to 14, wherein enhancing the efficacy and/or tolerability of the SCIT regimen comprises reducing allergic rhinitis symptoms in the subject.
16. The method of any one of claims 1 to 15, wherein enhancing the efficacy and/or tolerability of the SCIT regimen comprises:
 - (a) increasing the amount of serum grass allergen-specific IgG4 (sIgG4) in the subject relative to SCIT monotherapy;
 - (b) decreasing the amount of serum grass allergen-specific IgE (sIgE) in the subject relative to SCIT monotherapy; and/or
 - (c) increasing the ratio of sIgG4 to sIgE in the subject relative to SCIT monotherapy.
17. The method of any one of claims 1 to 16, wherein administration of the IL-4R antagonist in combination with the SCIT regimen reduces or inhibits the induction of sIgE during the SCIT up-titration regimen and/or the SCIT maintenance regimen.
18. The method of any one of claims 1 to 17, wherein administration of the IL-4R antagonist in combination with the SCIT regimen increases the maximum SCIT dose that is tolerated by the subject.
19. The method of any one of claims 1 to 18, wherein administration of the IL-4R antagonist in combination with the SCIT regimen reduces the use of epinephrine or an oral steroid as a rescue medication.
20. The method of any one of claims 1 to 19, wherein the anti-IL-4R antibody or antigen-binding fragment thereof comprises three HCDRs (HCDR1, HCDR2 and HCDR3) and three LCDRs (LCDR1, LCDR2 and LCDR3), wherein the HCDR1

comprises the amino acid sequence of SEQ ID NO:3; the HCDR2 comprises the amino acid sequence of SEQ ID NO:4; the HCDR3 comprises the amino acid sequence of SEQ ID NO:5; the LCDR1 comprises the amino acid sequence of SEQ ID NO:6; the LCDR2 comprises the amino acid sequence of SEQ ID NO:7; and the LCDR3 comprises the amino acid sequence of SEQ ID NO:8.

21. The method of any one of claims 1 to 20, wherein the anti-IL-4R antibody or antigen-binding fragment thereof comprises a HCVR comprising the amino acid sequence of SEQ ID NO:1 and comprises a LCVR comprising the amino acid sequence of SEQ ID NO:2.

22. The method of any one of claims 1 to 21, wherein the anti-IL-4R antibody comprises a heavy chain comprising the amino acid sequence of SEQ ID NO:9 and a light chain comprising the amino acid sequence of SEQ ID NO:10.

23. The method of any one of claims 1 to 22, wherein the IL-4R antagonist is dupilumab or a bioequivalent thereof.

24. The method of any one of claims 1 to 23, wherein the IL-4R antagonist is contained in a container selected from the group consisting of a glass vial, a syringe, a pre-filled syringe, a pen delivery device, and an autoinjector.

25. The method of claim 24, wherein the IL-4R antagonist is contained in a pre-filled syringe.

26. The method of claim 25, wherein the pre-filled syringe is a single-dose pre-filled syringe.

27. The method of claim 24, wherein the IL-4R antagonist is contained in an autoinjector.

28. The method of claim 24, wherein the IL-4R antagonist is contained in a pen delivery device.