







Dr. Sally Clark
MD MHA FRCSC (ortho)
Orthopaedic Surgeon

### Sea to Sky Orthopaedics Athletic Injuries and Arthroscopy

PO Box 1275, Whistler BC, VON 1BO | T 604 905 4075 | F 604 905 4073 | www.seatoskyorthopaedics.com

## **BICEPS TENODESIS**

\*Please take this information to your physiotherapy appointments.

## **GOALS OF SURGERY**

- primary goal: reduce pain
- · secondary goal: function often improves with pain reduction

# **Surgical Procedure**

### **Biceps Tenodesis**

relocation of the origin of the long biceps tendon out of the shoulder joint

## POST OPERATIVE PROTOCOL

## Sling for 6 weeks.

### Weeks 0-6

- NO active elbow flexion (biceps curls) or forearm supination (screwing a screwdriver, opening a door) for 6 weeks after surgery
- NO biceps resistance/ strengthening exercises until 3 months post surgery
- Pendulum exercises four times daily (start by 3 days post surgery)
- Passive forward elevation exercises four times daily (start by 3 days post surgery)

### After 3 months

• May start biceps resistance exercises (strengthening)

Rev. 2013-10-28 JM