



## 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)