

## Biceps Tenodesis

Biceps tenodesis is performed to repair a damaged or partially torn long head of the biceps tendon. The tendon is transposed from its origin on the glenoid to the humerus and fixed in place with screws or anchors.

*Note: If a biceps tenodesis is performed as a part of a rotator cuff repair, please follow the rotator cuff repair protocol.*

## Milestones

<b>Time after surgery</b>	<b>What you can expect from your shoulder</b>
Week 6	Full active range of shoulder and elbow motion
Week 12	Full active range of elbow and shoulder movement with dynamic scapula stability throughout range (concentric and eccentric)

## Return to functional activities

<b>Activity</b>	<b>When you can expect to be able to do the activity</b>
Return to work	Sedentary job: as tolerated Manual job: 3 months
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	3 months
Contact/High Impact Sports	3 months e.g. Rugby League, AFL, Martial Arts, Racket Sports, Surfing

## Before Surgery

Pre-operative rehabilitation is advisable.

## Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

Time after surgery	Physiotherapy/Support
Day 1 to 3 weeks	<p><b>During the first three weeks you can expect to:</b></p> <ul style="list-style-type: none"> <li>• wear a sling</li> <li>• learn axillary hygiene</li> <li>• learn postural awareness and scapular setting</li> <li>• regain scapula and glenohumeral stability working for shoulder joint control rather than range</li> </ul> <p><b>Be taught to perform the following:</b></p> <ul style="list-style-type: none"> <li>• core stability exercises (as appropriate)</li> <li>• finger, wrist and radioulnar movements</li> <li>• active elbow flexion and extension in standing position (as tolerated)</li> <li>• active shoulder movement (as tolerated)</li> </ul> <p><i>Avoid resisted elbow flexion and forced passive extension</i></p>
3 to 6 weeks	<p><b>During the next 3 weeks, you can expect to:</b></p> <ul style="list-style-type: none"> <li>• wean off the sling</li> <li>• have your kinetic chain control assessed</li> </ul> <p><b>Be taught to perform the following:</b></p> <ul style="list-style-type: none"> <li>• kinetic chain control exercises (as required)</li> <li>• exercises to strengthen rotator cuff muscles</li> <li>• elbow flexion with light resistance (as tolerated)</li> </ul>
6 to 12 weeks	<p><b>During the next 6 weeks, your physiotherapist will:</b></p> <ul style="list-style-type: none"> <li>• engage in eccentric biceps exercises with scapula control (if required)</li> </ul>
12 weeks +	<p><b>From 12 weeks, you can expect to:</b></p> <ul style="list-style-type: none"> <li>• engage in biceps strengthening exercises</li> </ul>