

BICEPS TENODESIS

POST-OPERATIVE COURSE

Procedure Goals:

- Relieve shoulder pain
- Restore functional active range of motion
- Regain functional strength of the shoulder
- Return to daily activities with confidence

0-2 Weeks Post-Op:

- **Sling / Physical Therapy:**
 - No formal outpatient physical therapy
 - Wear sling at all times except to complete elbow, wrist, finger ROM exercises or showering
- **Precautions:**
 - Let the operative arm hang by side for dressing and showering.
 - Keep incisions dry and clean for 2 weeks - no whirlpool, jacuzzi, ocean, lakes
 - No active shoulder range of motion, keep arm in a neutral position
 - No supporting body weight with operative arm, no lifting objects
- **Exercises:**
 - Passive ROM and active ROM to elbow, wrist, and fingers out of sling 3x daily

2-6 Weeks Post-Op:

- **Sling / Physical Therapy:**
 - Start formal physical therapy for passive range of motion only
 - Continue sling full time except to complete elbow, wrist, finger ROM exercises or showering
 - May begin to slowly transition out of sling while at home
- **Precautions:**
 - Passive ROM only with physical therapy
 - No active shoulder ROM or strengthening
 - No supporting body weight with operative arm, no lifting objects
- **Exercises:**
 - Passive ROM and active ROM to elbow, wrist, fingers out of sling 3x daily

6-12 Weeks Post-Op:

- **Sling / Physical Therapy:**
 - Discontinue any use of the sling
 - Okay to move the shoulder as tolerated
 - Advance physical therapy to include both passive and active ROM
- **Precautions:**
 - Weight restriction of the operative arm = 1 lbs
 - No supporting body weight with operative arm, no lifting heavy objects
- **Exercises:**
 - Passive and active ROM of shoulder in all planes, flexion, abduction, external rotation and internal rotation per physical therapy

>12 Weeks Post-Op:

- **Physical Therapy:**
 - Okay to move the shoulder as tolerated
 - Advance physical therapy to include gentle strengthening as tolerated in addition to passive and active ROM
- **Precautions:**
 - No formal weight restriction
- **Exercises:**
 - Passive ROM, active ROM, and gentle strengthening per physical therapy
 - May transition from formal physical therapy to home exercise program once all goals are met with your physical therapist

At Discharge from Physical Therapy:

- Top priorities are pain relief and restoring function
- Patient should be independent with all self-care
- Patient should be able to do light activities overhead
- Patient should be able to reach their back pocket or further behind the back
- Patient should be able to return to activities/hobbies without restrictions