

# Biceps Tenodesis

- Damaged and partially torn long head of biceps tendon. The tendon is transposed from its origin on the glenoid to the humerus, with anchors
- Note: If a biceps tenodesis is performed as part of a rotator cuff repair, follow the rotator cuff repair protocol

## Protocol

	Post op
<b>Day 1-3 Weeks</b>	<p>Mastersling.</p> <p>Teach postural awareness and scapular setting</p> <p>Regain scapula &amp; glenohumeral stability working for shoulder joint control rather than range</p> <p>Core stability exercises (as appropriate)</p> <p>Finger, wrist and radio ulnar movements</p> <p>Active elbow flexion &amp; extension in standing as tolerated.</p> <p>Active shoulder movement as tolerated</p> <p><b>Avoid resisted elbow flexion and forced passive extension</b></p>
<b>3-6 Weeks</b>	<p>Wean off sling</p> <p>Assess kinetic chain control and provide exercises as required</p> <p>Strengthen rotator cuff muscles</p> <p>Start elbow flexion with light resistance, as tolerated</p>
<b>6 Weeks +</b>	<p>Eccentric biceps exercises with scapula control if required</p>

<b>Milestones</b>	
Week 6	Full Active range of shoulder & 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>Return to work</b>	Sedentary job:	as tolerated
	Manual job:	6-12 weeks
<b>Driving</b>		3-6 weeks
<b>Swimming</b>	Breaststroke:	3 weeks
	Freestyle:	6 weeks
<b>Golf</b>		6 weeks
<b>Lifting</b>	Light lifting can begin at 3 weeks. Avoid lifting heavy items for 3 months.	
<b>Contact Sport</b>	E.g. Horse riding, rugby, football, martial arts, racquet sports and rock climbing: 6-12 weeks	

