



Biceps Tenodesis

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
2-3 weeks	1 night stay in hospital	Gentle movements as pain allows	No lifting > cup of tea from affected hand

Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

Notes to Physiotherapist

Sling for 2-3 weeks only
 Passive ROM as tolerated of shoulder and elbow for 2 weeks, especially avoid active elbow flexion, to protect biceps tenodesis
 Then start active ROM gently
 Scapular stabilisation exercises
 Neck, Wrist and Hand exercises
 Work more aggressively for ROM from 6 weeks
 Start strengthening biceps from 10-12 weeks

Returning to occupational and recreational activities?

Driving 2-3 weeks
 Light work 2 weeks
 Heavy work 6 months
 Run/Road bike 6 weeks
 Gym 6 months
 Swim 3-6 months
 Tennis 6 months
 Contact sports 6 months