**Biceps tenodeisis - Rehabilitation Programme**

# 0 – 6 weeks after surgery

* Wear sling when walking or travelling
* **Otherwise remove sling with arm supported on a chair, table or pillow and use hand the hand can be used for eating, computer and paperwork etc**
* Begin passive motion 0- 90° forward flexion supine
* 3 times a day, wrist and hand exercises with a squeeze ball, but the arm must be kept internally rotated during these exercises.
* With the wounds covered by a waterproof dressing shower with the arm resting in triangular sling or supported on the shower soap dish
* Physiotherapy to teach isometric muscle contraction of deltoid and scapular stabilizers, elbow and hand movement.

# 6 – 12 weeks after surgery

* gentle elbow full extension and flexion
* No more sling, except if in a rowdy crowd situation
* Continue passive forward elevation 0-180
* External rotation from internal to 0
* Patient may walk for exercise

No overhead abduction until all other movements are full and comfortable as premature abduction whilst the shoulder is stiff including abnormal scapulo-thoracic rhythm can result in impingement

# 12 – 16 weeks after surgery

* Work on internal and external rotation passive range of movement.
* Begin formal strengthening forward elevation / internal / external rotation, retraining of scapulo-thoracic rhythm and proprioception.
* jog and swimming (breaststroke only)

# 16 – 24 weeks after surgery

* Continue strengthening and stretching of the shoulder.
* sports specific strength and endurance training (tennis overhead serve, freestyle swimming, surfing) when fully rehabilitated with respect to motion, strength & proprioception

This usually does not occur until 4 months , 4-6 months for throwing.