

## Rehabilitation Protocol following 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