

BICEPS TENODESIS
POST OP REHAB PROTOCOL

MR TONY CORNER
CONSULTANT ORTHOPAEDIC SURGEON

Discharged from the ward with:

- Active exercises elbow, wrist, hand, neck
- Postural awareness
- Educate regarding use of polysling and teach axillary hygiene

Weeks 1-3:

- Active elbow flexion and extension as tolerated
- NO resisted elbow flexion or forced passive elbow extension
- Active shoulder movement as tolerated
- Start scapular setting in sitting or standing
- Pendular exercises and passive external rotation 20 degrees

Weeks 3-6:

- Wean off sling
- Gentle resisted elbow flexion against light resistance as tolerated
- NO heavy lifting

Weeks 6-12:

- Biceps strengthening including eccentric exercises

On Discharge:

- Minimal or no pain
- Full range of movement
- Good function

Return to activity - Guidelines

Driving 6 weeks

Swimming

Breast stroke 3 weeks

Front crawl 6 weeks

Golf 6 weeks

Contact sports minimum 6 weeks – may take 3 months

Manual work 6 weeks – 3 months depending on recovery

CONTACT

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Spire Harpenden Hospital



Spire Bushey Hospital