

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

BICEPS TENODESIS

Discharged from ward with:

Active exercises neck, elbow, wrist and hand

Educate regarding use of polysling and axillary hygiene

Weeks 1-3

Active elbow flexion and extension as tolerated

NO resisted elbow flexion or forced passive elbow extension

Active shoulder range of motion as tolerated

Weeks 3-6

Wean off sling

Gentle elbow flexion against resistance as tolerated

NO heavy lifting

Week 6 onwards

Biceps strengthening including eccentric exercises

Return to activity - Guidelines

Driving 6 weeks

Breast stroke swimming 3 weeks after weaning off sling

Front crawl swimming 6 weeks


Contact sport and manual work may take 6 weeks - 3 months depending on recovery

Contact Details

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