

# Biceps Tenodesis Postoperative Protocol

## Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** You may remove the dressing in 2 days and then place Band-aids over the incisions for 1 week
- **Shower:** You may allow the wound to get wet in the shower after 2 days when you remove the dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at [Matthew.Dilisio@OrthoNebraska.com](mailto:Matthew.Dilisio@OrthoNebraska.com).

## Postoperative Plan

### Sling Use

- Sling for 3 weeks except for hygiene and exercises as outline below
- May remove for showers/dressing

### Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 8 Weeks: Golf (Start with chip/putt, and then progress)
- 10-12 Weeks: Competitive Sports, Overhead Sports

## Physical Therapy Protocol

### Phase I: Weeks 0-3

- Sling may remove for hygiene, exercises, and sleeping
- Full passive range of motion to fingers, wrist, and elbow
- Pendulum exercises to shoulder only, no formal physical therapy
- No lifting greater than 5 pounds

### Phase II: Weeks 3-8

- Wean from sling
- May start formal physical therapy, full passive and active motion
- **No strengthening, No resisted elbow flexion**
  - Forward elevation: Full
  - External Rotation: Full
  - Internal Rotation: Full

### Phase III: Weeks 8+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
  - Forward elevation: Full
  - External Rotation: Full
  - Internal Rotation: Full