

### **Post-op rehabilitation program for biceps tenodesis**

**Problem:** tear of biceps tendon with pain and limited movement

**Aim:** release of biceps and reattachment outside of shoulder joint. Reduce pain and increase range of movement

**Important points:** sling day and night for 3 weeks

#### **Forbidden:**

- Avoid abduction with external rotation for 8 weeks
- Active elbow range of movements for 4 weeks
- Eccentric biceps loading for 6 weeks
- no heavy activities or sport above shoulder height and arm pulled back for 4 months (ABER position)

#### **Expectations:**

- return to desk jobs at 10 days (in sling)
- driving from end of week six (if pain and function allows safe driving)
- breast stroke and golf at 3 months
- moderate manual work at 3 months (full at 4 months)
- Unrestricted activities at 4 months

#### **Physiotherapy protocol day 1 onwards:**

- Ensure adequate pain relief, neurovascular status normal and no signs of infection
- Hand and elbows exercises
- Pendulums and circles (in sling)
- Full active assisted external rotation
- Shoulder shrugs and scapular exercises

#### **Physiotherapy protocol day 21 onwards:**

- Active assisted progressing to active gleno-humeral flexion to 90 degrees
- Isometric cuff exercises in neutral
- Active assisted concentric biceps with passive eccentric return at 4 weeks

**Physiotherapy protocol after week 6 onwards:**

- Posterior capsular stretching
- Progress scapular control
- Full active gleno-humeral movement
- Begin recruitment of biceps eccentrically

**Physiotherapy protocol after week 8 onwards:**

- Progress cuff strengthening
- Progress scapular control
- Begin biceps contraction against theraband