



Biceps Tenodesis Protocol

- Outpatient procedure most often performed at outpatient surgical center
- Surgical procedure performed for the treatment of biceps tendonitis/tearing and SLAP tears in which the biceps tendon is reattached to the humerus
- At preop appointment, prescriptions given for pain medication, anti-inflammatory (toradol), anti-nausea.
- Patient given prescription for PT (to start POD #1) at preoperative appointment.
 - PT protocol: ROM as tolerated with no active contraction of the biceps. 2-3x/wk for 6wks

- **Peri-operative:**
 - Surgery takes approximately 60 minutes, but is often performed in conjunction with other procedures which may increase time.
 - General Anesthesia with preoperative interscalene nerve block
 - Following procedure, remain in recovery room approximately 1 hour prior to being discharged home

- **Postoperatively:**
 - **Appointments:**
 - 7-8 days (Suture Removal)
 - 6 wks
 - 12 weeks
 - 6 months
 - Patient to wear a sling for 4 weeks
 - Begin ROM as tolerated POD #1. There is no active contraction of the biceps for 3 months(soft)
 - Encourage ROM and use of arm for ADLs
 - Ice and anti-inflammatories encouraged for pain management
 - At 3 months, may begin biceps strengthening exercises and return to activities as tolerated