

A grayscale profile of a person's head and neck, looking towards the right. A hand is visible on the right side, holding a bright red, curved object against the person's shoulder. The background is a light, neutral color.

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**Shoulder Rehabilitation
Biceps Tenodesis Protocol**

Biceps Tenodesis

- Damaged and partially torn long head of biceps tendon. The tendon is transposed from its origin on the glenoid to the humerus, with anchors
- Note: If a biceps tenodesis is performed as part of a rotator cuff repair, follow the rotator cuff repair protocol

Protocol

	Post op
Day 1-3 Weeks	<p>Mastersling.</p> <p>Teach postural awareness and scapular setting</p> <p>Regain scapula & glenohumeral stability working for shoulder joint control rather than range</p> <p>Core stability exercises (as appropriate)</p> <p>Finger, wrist and radio ulnar movements</p> <p>Active elbow flexion & extension in standing as tolerated.</p> <p>Active shoulder movement as tolerated</p> <p>Avoid resisted elbow flexion and forced passive extension</p>
3-6 Weeks	<p>Wean off sling</p> <p>Assess kinetic chain control and provide exercises as required</p> <p>Strengthen rotator cuff muscles</p> <p>Start elbow flexion with light resistance, as tolerated</p>
6 Weeks +	<p>Eccentric biceps exercises with scapula control if required</p>

Milestones	
Week 6	Full Active range of shoulder & elbow motion
Week 12	Full active range of elbow and shoulder movement with dynamic scapula stability throughout. range (Concentric and eccentric)

Return to functional activities

Return to work	Sedentary job:	as tolerated
	Manual job:	6-12 weeks
Driving		3-6 weeks
Swimming	Breaststroke:	3 weeks
	Freestyle:	6 weeks
Golf		6 weeks
Lifting		Light lifting can begin at 3 weeks. Avoid lifting heavy items for 3 months.
Contact Sport		E.g. Horse riding, rugby, football, martial arts, racquet sports and rock climbing: 6-12 weeks



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