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BICEP TENODESIS GUIDELINES

	WEIGHT BEARING STATUS	POST OP SLING	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S CHECKLIST
Week 0-4		Sling x 4 weeks	Only PROM No active elbow flexion/extension	Emphasize patient compliance to home exercise program and precautions. Educate on sleep postures. Avoid pain with ADLs Cryotherapy Exercises: Pendulum swings, hand grip/wrist AROM in sling No lifting objects. Can text with a smartphone.	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal. Ensure forearm does not sag below 90 degrees in sling. ○ Apply ice/Game Ready 4-6 times/day, 20min on/60min off. ○ Start Physical therapy, 1-2 weeks after surgery and should continue through 6 months.

Week 5-12		None	AAROM Progress to AROM when sufficient scapular stability obtained.	Continue/normalize phase I exercises as appropriate. Avoid pain with therapeutic exercise & functional activities.	<ul style="list-style-type: none"> ○ Patients are responsible for understanding the individual insurance coverage for PT. <input type="checkbox"/> Take off the sling at rest while awake. <input type="checkbox"/> Sleep with sling.
13-24				<p>Improve strength and flexibility actively.</p> <p>Avoid poor lifting mechanics with attention to lifting arm overhead.</p> <p>Progress/maintain rotator cuff strength and scapular stability.</p>	

Game Ready Ice Machine

- We recommend rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

Driving Restriction

- 4-6 weeks. Attention to manual transmission vehicles and obtaining sufficient UE strength.