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Shoulder: Proximal Long Head of Biceps Tenodesis (Isolated)

Full Return Goal: 3-4 months

Post Op- 1 month

For patients who have isolated tenodesis of the LHBT, rehabilitation begins the day of surgery. Active wrist and hand range-of-motion exercises are encouraged. One week postoperatively, the patient starts a supervised physical therapy program with gentle passive range of motion of the shoulder and elbow. A sling is worn on the extremity for approximately 4 weeks.

1 month- 3 months

At 8 weeks, active motion of the shoulder and elbow begins as well as low resistance strengthening. Formal physical therapy is typically not needed more than three months and individuals are placed on a home exercise program focused on continued strengthening and motion. Return to play or unrestricted functional activities may occur as early as 4 months postoperatively.