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Biceps Tenodesis (Shoulder)

Surgery:

1 hour

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for
pain control

Goals:

Remove torn/damaged portion of biceps
tendon and reattach the healthy biceps
to a new location in the shoulder

Decrease pain/Improve Function

General Timeline After Surgery

0-4 weeks Post-Op –

No bearing on the arm

Wear the sling at all times (except showering) including sleeping

No active flexion of the biceps.

When the elbow is out of the sling to work on motion the hand/wrist/forearm must be
lifted back into the sling with the non-operative arm

No using the arm to open jars or turn doorknobs

Begin Physical Therapy 1 week post-op

4-8 weeks Post-Op –

Continue working on obtaining full motion of the shoulder and elbow

Gradually increase scapula-strengthening exercises

Ok to remove the sling

8-12 weeks Post-Op –

Begin working on biceps strengthening

Increase rotator cuff and scapula strengthening

12+ weeks Post-Op –

No restrictions

Typical post-op appointments at 2 weeks and 8 weeks post-surgery

Dr. Todd's Contact Information

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