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Returning to Action After Biceps Tenodesis



The biceps tendon runs from the biceps muscle through the rotator cuff and into the shoulder joint, where it then attaches to the socket. If the biceps tendon becomes inflamed or irritated, a condition called bicep tendinopathy, you may need to **undergo surgery** called biceps tenodesis to relieve the discomfort.

Overuse of the tendon from sports, some occupations or other activities is the most

common cause of bicep tendinopathy. Although it can develop slowly over time from wear and tear, bicep tendinopathy may also result from a direct injury. Causes of bicep tendon inflammation include

- **shoulder instability**
- **rotator cuff tears**
- **shoulder impingement syndrome**

The surgeon cuts the biceps tendon where it meets the shoulder socket and then reattaches it to the arm bone. This helps relieve the pressure from the cartilage rim of the shoulder socket by shifting the biceps tendon to a position where it **does not impede the movement** of the shoulder joint.

Physical therapy is vital to successful recovery. Your program will help you

- **increase muscle strength and range of motion**
- **protect the integrity of the repair**
- **regain proper function**

Physical therapy is also important to help avoid a "frozen shoulder" that has poor movement and functioning. Although your initial range of motion will be limited, we will slowly ease you into exercises that **enhance recovery** and get you back to your normal self.

Most people can begin a physical therapy regimen approximately three to four days following surgery. We will work with your physician to make your recovery comfortable and effective.