



# Biceps Tenodesis (+/-) Rotator Cuff Repair)

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## What is the rotator cuff?

The rotator cuff is a group of muscles closely wrapped around the top of your arm (humerus). They help to stabilise the shoulder joint and control shoulder movements. These muscles originate from your shoulder blade to the top of your arm bone. They can be damaged through general wear and tear and/or after a fall/injury. If one or more of these muscles are damaged, movement can become weak and painful. The biceps tendon connects the biceps muscle to the bone, allowing you to bend your elbow. Due to injury or wear and tear, you may have a detachment of the biceps tendon from the socket of your shoulder and there may be a small tear in the tendon with inflammation. Commonly biceps problems occur in conjunction with rotator cuff tear.

## What happens during my surgery?

The aim of the operation is to repair the tear in the muscle/tendons. A number of small incisions are made to enable access to the shoulder joint. A small camera is used to clearly visualise inside the joint and repairs are made as required. Often a ligament is also released and a small bone may be shaved away to allow more space for your repaired muscle to heal. If your biceps is damaged a biceps tenodesis is performed where the surgeon cuts the normal attachment of the biceps tendon from the shoulder and reattaches the tendon to the bone of the upper arm (humerus)

## What should you expect after surgery?

### Sling

Your sling is essential to protect your repair. You must wear your sling for ..... weeks as advised by your physiotherapist. This must be worn continuously day and night. The sling can be removed only to do your exercises and to wash and dress. Information regarding application of your sling is available from nursing staff.

### Pain Relief

A nerve block is sometimes used during surgery which means your limb may feel numb immediately after your operation. It is normal to feel some pain as the block wears off and you will be provided with some painkillers to help with this. It is important to take these as prescribed to keep pain to a minimum.

### Ice

Ice can be helpful to reduce pain/swelling. Protect your dressings from getting wet with a plastic bag. Wrap a bag of ice/frozen peas in a damp towel and apply for 10-15 minutes. This can be repeated every 3-4 hours.

### Wound care

Your wounds will need to be kept clean and dry. The nursing staff will provide you with more information about wound care on discharge.



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### **Driving and work**

You must not drive whilst wearing your sling. Please discuss this further with your consultant or physiotherapist. When you can return to work will depend on the job you do. Your physiotherapist or consultant will be able to advise you further on this.

### **Leisure activity and sport**

The timescale for returning back to sport depends on your movement, strength and particular sport in mind. Please speak to your physiotherapist or consultant regarding this.

### **Rehabilitation**

Outpatient physiotherapy will normally be commenced between 3 to 6 weeks post-surgery. This should be organised before you are discharged. Rehabilitation is essential if you are going to get the most out of your shoulder post operation.

### **How quickly will I get back to normal?**

Whilst your shoulder is in the sling you will be more or less one handed for all activities of daily living. Once out of your sling, you will be able to use your arm more as advised by your physiotherapist.

Remember your shoulder will take approximately 4-6 months to significantly improve, with improvement continuing for 12 months.

If you have any questions or need any advice about your exercises then please contact the Physiotherapy Department between 8:00am - 4:00pm Monday to Friday.

Royal Orthopaedic Hospital Physiotherapy Department: 0121 685 4120

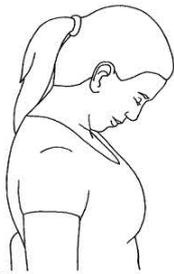
### **Instructions for after your surgery:**

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### Biceps Tenodesis/Transfer

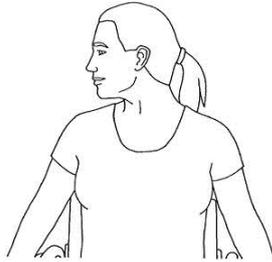
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Sit with a straight back.

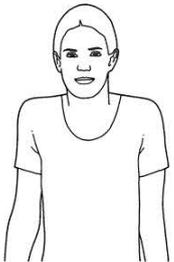
Bring your chin towards your chest and bend your neck. Repeat 5 times then lift your chin so your head goes backwards, repeat 5 times.



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Sit with a straight neck.

Carefully rotate your head from side to side. Repeat 5 times



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Sit or stand.

Lift your shoulders - relax.

Repeat 10 times.



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Sit. Place your hand on the front of the opposite shoulder. Feel your shoulder with your fingers making sure that the shoulder does not come forward.

Move your shoulder gently back into the shoulder socket (small movement).

Hold 5 seconds.

Repeat 10 times.

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Sit on a chair. Keep your operated arm in the sling!!!

Tighten the muscles between your shoulder blades and push your chest forward.

Hold  5  seconds.

Repeat  10  times.



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Stand. Grasp the wrist of the arm you want to exercise.

Bend your elbow and assist the movement with your other hand if required. Straighten your elbow.

Repeat  10  times.

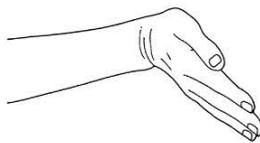


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Stand with your elbow bent and palm turned down.

Turn your palm up and down rotating your forearm using your non-operated hand to help.

Repeat  10  times.



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Forearm supported on a table.

Bend and straighten your wrist keeping your fingers straight throughout the exercise.

Repeat  10  times.



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Make a fist.