



Biceps tenodesis/SLAP lesions

Rehabilitation for biceps tenodesis and SLAP lesions

Pain

A supplementary local anaesthetic or nerve block is used during the operation which means that immediately after the operation the shoulder and arm may feel numb. This may last a few hours. After this the shoulder may well be sore and the patient will be given painkillers to help this whilst in hospital. These can be continued after discharge home. Ice packs may also help reduce pain. Frozen peas or crushed ice wrapped in a damp, cold cloth and can be placed on the shoulder for up to 15 minutes by the patient at home.

Wearing a Sling

The patient will return from theatre wearing a sling. This is required for up to 4 weeks, to allow the repair to heal. The patient should avoid forced straightening of the elbow or heavy lifting for at least 6 weeks.

Returning to work

The patient may begin driving 6 weeks after the operation. Returning to work will depend on occupation. If patient is in a sedentary job then may return as soon as she or he feels able, usually after one week. If job involves heavy lifting or using arm above shoulder height a longer period of absence (8 weeks) may be required.

Leisure activities

Sustained, repetitive overhead activities or activities involving forced elbow extension should be avoided for three months. Golf can begin at 12 weeks. For guidance on DIY and racquet sports patient should seek guidance from physiotherapist.