



## **Biceps Tenodesis Post-Operative Time Line**

1. Immediately after surgery you will be placed into a sling that is to be worn at all times until seen in the office.
2. The first post-operative appointment will be 10-14 days after the procedure. During this visit, your incisions will be assessed and you will be given passive exercises to complete. You will remain in your sling for another 3 weeks.
3. The next post-op appointment will be 5 weeks after the procedure. At this time your range of motion will be assessed and you will be given a prescription for physical therapy. You will be able to wean off of your sling until you are comfortable without it.
4. The third post-op appointment will be one month after the last appointment. Range of motion and strength will be assessed.
5. The fifth post-op appointment will be approximately one month after the last appointment. At this time, range of motion and strength will be assessed.
6. If further appointments are needed, they will be scheduled on an as-needed basis.
7. We will work together with the therapist to ensure that you have an appropriate and timely recovery.