



Instructions after a biceps tenodesis

- No biceps resistance for 6 weeks
 - This means that you may bend and straighten the elbow but no lifting anything heavier than a coffee cup.
 - Also, no resisted supination of the forearm. Examples of this would be trying to turn a screw driver, opening a jar, turning a valve or doorknob. These motions are OK but not against resistance.
- Wear your biceps wrap for 2 weeks after surgery. You can adjust as necessary but gentle pressure over your biceps will minimize swelling.
- Your follow-up appointment will be 7-10 days after your surgery.
- Call the clinic at 425-339-2433 with any questions or concerns.