

Preparing for your Biceps Tenodesis

About the Procedure:

-Diagnostic and Surgical Arthroscopy with Biceps Tenodesis

- Three small incisions will be made at the front, side, and back of the shoulder, as well as an incision at the fold of the armpit. We use an arthroscope (camera) to look inside of your shoulder to directly visualize the structures within the shoulder capsule.
- Biceps tenodesis is the anatomic relocation of the proximal biceps tendon. We use a suture anchor to secure the bicep tendon.
- Anesthesia will be a local block with sedation. This means you will be asleep for the entire case and your arm will be asleep for a few hours after surgery.
- Surgery is anticipated to take about 2-3 hours. Expect to be at the Tully Surgical Center for a total of 6-8 hours for pre-op and recovery. You will need a ride home.

What to Expect After Surgery:

- ❖ You will be given a sling on the day of surgery. You will be non-weight bearing to the operative arm until cleared by MD.
- ❖ Day 0-2: rest, ice, pain control, sling at all times.
- ❖ Day 2-14: begin PT at Day 3-5, gentle pendulums
 - Day 10-14 = 1st post-op visit for suture removal
- ❖ Weeks 2-6: PT for passive ROM
 - Week 6 = 2nd post-op appt to assess ROM, d/c sling
- ❖ Weeks 6-12: PT for active ROM, light strength around Week 6-8
 - Week 12: 3rd post-op appt, assess strength
- ❖ 6 months: assess strength. Likely d/c from care.

(These are our generic guidelines. Each plan will be individualized per patient)

About Dr. Karen Sutton:

- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery. She has extensive expertise in arthroscopic surgery.
- Head Team Physician for US Women's Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins