



# HEALTH

## UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

### Biceps Tenodesis/Repair

#### Surgery:

- 1 hour long
- Outpatient Surgery
- Anesthesia may offer a local nerve block to help with pain control

#### Surgical Goals:

- Reattach the biceps tendon to the humeral shaft, primarily to protect the cosmesis, or appearance, of the biceps muscle.
- May debride tissue as needed inside the shoulder, however if a simple repair is being done, no arthroscopy is necessary

#### General Timeline After Surgery:

- **0-1 week** Post Op: You will need to use caution straightening the elbow and using the biceps for lifting. You should also avoid twisting with your wrist, such as opening a jar or a door handle as these are biceps heavy. No restrictions to shoulder range of motion.
- **1-6 weeks** Post Op: Begin therapy as needed to advance motion and return to very light use of the arm. You may not need therapy but it is always available to you should you have the desire to work formally with a physical therapist.
- **6-12 weeks** Post Op: Return to activities as desired, in a gradual fashion, returning to full activity as symptoms allow.
  - **3-6 months** Post Op: continue transition to full return to activity.
- **Return to work will largely depend on the type of work you do. Light desk work at a keyboard can begin immediately, while any lifting or repetitive motions may not be approved until 2-3 months post op.**
- **Post Op appointments generally scheduled around 1-2 weeks and 6 weeks with 3 months and 6 months returns as needed**

#### Dr. Burks' Team Contact Info:

For More info, please see [robertburksmd.com](http://robertburksmd.com)

##### Clinic/Pre and Post Op Questions

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##### Surgery Scheduling

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