



***Distal Bicep Tendon Repair Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect elbow to be placed in a posterior splint and sling at 90° neutral rotation for 10-14 days.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Splint and sutures will be removed in the clinic.
- At therapy, a new posterior splint molded by therapist, 90° flexion with neutral rotation, to be worn at all times until 6 weeks post op, except for during exercises.
- Begin active supination (palm up) and pronation (palm down) exercises.
- Initiate passive flexion and active extension to 30°, block extension.
- Therapist will address edema control and scar management (Vitamin E or aloe).

4 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Continue exercises from 10-14 days post op.

6-7 Weeks Post Op (at therapy):

- Initiate full active elbow flexion and extension.
- Gentle stretching encouraged.
- Begin to wean from splint.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Initiate passive Range of Motion (ROM) to elbow in extension.
- Start slow progressive strengthening exercises (lighter weights but higher repetitions.)
- Discontinue splint and progressively return to normal use of the hand.

12 Weeks Post Op:

- Follow up appointment in clinic with Surgeon.

Considerations:

- May expect to return to medium level activity (trout or grayling fishing...) at 4 months post op, and to heavy activity (snow machining, 4-wheeling, King fishing...) at 6 months post op.

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.