



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

### **Following Surgery:**

- Expect elbow to be placed in a posterior splint and sling until seen at 2 week post-op visit.
- 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.

### **2 Week Post Op:**

- Splint and dressings will be removed.
- Will transition to a hinged elbow brace to be worn at all times until 6 weeks postop, except for during therapy/exercises. Brace to be locked when sleeping. May be unlocked throughout the day and less developing progressive soreness to the anterior elbow.
- Brace will prohibit a certain degree of terminal extension determined that 2 week postop visit. We will then open the brace by 10° per week until full extension is achieved.
- Cup of coffee max to the hand with brace on
- Initiate Therapy:
  1. Gentle stretches encouraged
  2. Begin active elbow flexion/extension and forearm supination (palm up) and pronation (palm down) exercises with NO weight or resistance

### **6 Weeks Post Op:**

- Begin to wean from splint.

### **6-8 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- Start slow progressive strengthening exercises (lighter weights but higher repetitions.)
- Progressively return to normal use of the hand.

### **12 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.

### **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.