



## **DISTAL BICEPS REPAIR**

**Daniel J. Marek, MD**

Phone: 952-314-0771

Fax: 952-442-2029

DanielMarekMD.com

### **Important Instructions Following Surgery:**

- After surgery, the elbow will be in a bulky light dressing. Please DO NOT remove this for the first 3-5 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the elbow elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.

### **3 - 7 Days Post-Op:**

- Remove post-op dressings on day 3-5 and apply a light compression dressing. No antibiotic or general ointments for 2 weeks.
- Patient may begin showering, if wounds are healing.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.
- Sling only, no splint made unless otherwise specified.
- Passive ROM is initiated to the elbow.
- AROM is initiated for the forearm and wrist. Pronation and supination to be done with elbow flexed greater than 90 degrees.
- Elbow extension 70 degrees and increases by 20 degrees each week.

### **10 - 14 Days Post-Op:**

- Scar management is initiated, scar dressing if needed.
- Continue appropriate edema management, using compressive sleeves as needed.
- Start gentle elbow AROM.

### **6 Weeks Post-op**

- Goal of full active and passive ROM.
- Dynamic or static progressive splinting is initiated to achieve end range elbow extension if needed.

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

- Progressive strengthening is initiated.
- Work conditioning is recommended for those patients returning to a job that requires heavy lifts.