

DISTAL BICEPS TENDON REPAIR POST-OPERATIVE PROTOCOL

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PHASE I (0-2 WEEKS): COMPLETE PROTECTION

- No lifting/pushing/pulling in post-operative splint
- Keep splint in place until clinic visit
- Elevate, rest. You may move your fingers.

PHASE II (2-6 WEEKS): EARLY MOTION

- Splint will be removed at the 2 week post-operative appointment. Remain in sling.
- Compressive sleeve will be placed over the elbow. Leave this on at all times other than showering.
- Begin formal Physical Therapy
 - Active elbow extension, Active **assisted** elbow flexion
 - Week 2-3: Limit extension to 15 degrees of flexion. Flexion ROM 15 to as tolerated
 - Week 3-6: May progress gradually to full extension.
 - Full active-assisted **pronation**, progress with tolerance level
 - Full **passive** supination. No active supination against resistance.

PHASE III (6-16 WEEKS): RETURN TO ACTIVITIES

- Discontinue sling at 6 weeks post-op
- Start full active ROM of elbow and forearm at 6 weeks post-op
- Begin gradual strengthening at 8 weeks post-operatively (1-2 lb. progressive resistance exercise with gradual progression using low weight, high repetition progression)
- Typical return to full activity is 4-6 months post-operatively, depending on demand and specific activity.