

Distal Biceps Repair

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The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (0 – 2 Weeks Protection)	Phase II (2 – 6 Weeks Motion)	Phase III (6 – 12 Weeks Strengthening)	Phase IV (12 – 24+ Weeks)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Wear splint at all times • Sling for arm support • No lifting with surgical extremity <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Swelling/Wound management • Ice and elevation • Pain control <p>EXERCISES</p> <ul style="list-style-type: none"> • Gentle ROM of the fingers <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • Splint removal after 1st postoperative clinic visit 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Sling or brace on except for bathing and therapy exercises • If brace prescribed, wear at all times (except when bathing) • NO resistance with ROM of the surgical extremity <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Protect repair and promote healing • Swelling management • Light scar mobilization when wound closed <p>EXERCISES</p> <ul style="list-style-type: none"> • 30-130°(extension-flexion) by week 4 • Full elbow extension/flexion/supination/pronation by week 6 • Active extension/pronation and passive flexion/supination of the elbow • Maintain ROM of unaffected joints • Progress to AAROM of flexion/supination <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • At least 6 weeks of healing has occurred since surgery • Relatively pain-free ROM to 120° flexion and 0° extension, supination/pronation should be near symmetric with the normal contralateral side 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • No lifting >10 lbs • Minimize repetitive activity • Discontinue sling/brace <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Full AROM • Minimize irritation/inflammation <p>EXERCISES</p> <ul style="list-style-type: none"> • Light strengthening exercises with tubing or 1# weights for elbow, flexion, extension, supination, and pronation to begin at 10 weeks • Slow progression of strengthening <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> • At least 12 weeks of healing has occurred since surgery • Relatively pain free full ROM • Improving strength 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> • Cautious with heavy lifting <p>CLINICAL CARE</p> <ul style="list-style-type: none"> • Progressive strengthening and endurance • Progression of functional activities <p>EXERCISES</p> <ul style="list-style-type: none"> • Strengthening exercises to wrist, forearm, and possibly shoulder depending on sport and/or work requirements

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