

Distal Biceps Tendon Repair Post-Operative Protocol

Dr. Michael Thomas Edgerton

Immediate Post-Operative Immobilization

- Posterior long arm splint for 10-14 days at 90 degrees

Splinting

- Hinged elbow brace is fitted at first post-op doctor's visit (10-14 days post surgery)
- Brace is to be worn until 6 weeks post-op.
- Brace is locked at maximum extension of 60 degrees when fitted and will progress weekly as follows:
 - 10-14 days post-op: 60 degrees max extension
 - 3 weeks post-op: 45 degrees max extension
 - 4 weeks post-op: 30 degrees max extension
 - 5 weeks post-op: 10 degrees max extension
 - 6 weeks post-op: 0 degrees

Range of Motion

- Elbow range of motion within hinged elbow brace beginning 10-14 days post-op.
- Elbow extension max to be progressed weekly as outlined above.

Note: Preference is made to gravity assisted extension rather than passive stretch.

Passive extension stretching may be initiated 6 weeks post-op.

- AAROM/PROM supination/pronation as tolerated to begin 2 weeks post-op.

Lifting Restrictions

- Half pound maximum x 6 weeks
- Light strengthening to begin 6 weeks post-op.
 - 6 to 8 weeks post op: 3 pound limit.
 - 8 to 12 weeks post-op: 5 pound limit.

Therapy

- Formal therapy to begin 2-3 weeks post-op. Therapy will be ordered 1x/week through week 6 for splint progression, gravity assisted stretches, distal ROM, scar management, and edema control.
- Therapy may be increased to 2x/week at 6 weeks post-op when PROM can be initiated to elbow.
- Therapy to follow Range of Motion guidelines listed above.
- Ok to begin strengthening 6 weeks post-op as pain allows (see Lifting Restriction)

Return to Work and Activities

- May return to desk work at any time.
- Unrestricted Activities at 3-4 months.

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Date