

Rehabilitation Protocol: Distal Biceps Tendon Repair with Button

IMMOBILIZATION

- Posterior splint elbow splint with elbow at 45 degrees – well padded
- Initiate therapy at 3-5 days post-op
- Splint is worn until patient is 6 weeks post-op

RANGE OF MOTION 3-5 DAYS POST-OP

- Active and passive range of motion are initiated to the elbow, forearm, wrist and digits 6 times per day for 1- minute sessions
- Passive elbow extension is permitted
- Elbow extension is restricted to 30 degrees with exercise

SCAR MANAGEMENT

- Within 48 hours following suture removal, scar mobilization techniques may be initiated
- This may include an Elastomer produces and silicone sheeting
- In addition, scar massage lotion is begun

3 WEEKS POST-OP

- AROM exercises are initiated to the elbow out of the splint with the splint continued between exercise sessions

4 WEEKS POST-OP

- PROM of the elbow in extension is permitted out of the splint
- Gentle weighted stretches may be initiated within the patients comfort level

6 WEEKS POST-OP

- The Long Arm Splint is discontinued
- Dynamic splinting may be initiated for the elbow and the forearm if PROM remains limited
- Progressive strengthening may be initiated for the elbow, forearm, wrist and hand

8-10 WEEKS POST-OP

- A work conditioning program is recommended for patients with manual labor jobs that require heavy lifting