

## **Distal Biceps Tendon Repair Postop Protocol:**

### **Postop to day 7 – 10:**

- Remain in postoperative splint at all times
- Elevate arm to level of heart to decrease swelling
- Open and close hand to help mobilize swelling

### **Day 10 to week 6:**

- Compression sleeve (ACE wrap until week two then transition to commercial sleeve after wound healed)
- Elbow brace – light weight thermoplast removable holding elbow at 90 and in supination
- Elbow brace to keep elbow at 90 degrees
- Start active extension, passive flexion
- Start active pronation, passive supination
- Return to splint at end of exercises
- Advance extension by 15 degrees per week
- Work on pronation/supination with arm at 90 of flexion to decrease tension on repair during those motions
- Return to brace in between exercises

### **Week 6 – Week 8:**

- Allow active motion of the elbow as tolerated
- Weight restriction to 5lbs.
- If ANY soreness develops, back off on motion, decrease weight through arm, use brace to rest elbow.

### **Week 8:**

- Begin progressive elbow strengthening above 5 lbs restriction

### **Educational Video:**

<https://www.drjeffreywitty.com/elbow-videos.html>

Video also available at the following link:

[https://www.youtube.com/watch?v=bEd2nuBkIW8&feature=emb\\_logo](https://www.youtube.com/watch?v=bEd2nuBkIW8&feature=emb_logo)