

## Distal Biceps Repair



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:		<ul style="list-style-type: none"><li>• Typical scenario – no splint postop (ACE / soft dressing only) *Patient should wear sling for first 2 weeks during ADL's --- but come out for ROM / deskwork / sleep</li><li>• If patient is splinted post-op, the sling is needed while in a splint (+/- part of brace use)</li></ul>
Passive ROM & Active ROM	Week 1-7	<ul style="list-style-type: none"><li>• Patient can perform ball squeezes / wrist &amp; forearm activities for edema control</li><li>• Shoulder motion as tolerated (obvious care with shoulder strengthening so not to engage biceps resistance)</li><li>• Initiate full PROM as tolerated (terminal extension stretch as tolerated - to minimize extension loss)</li><li>• Initiate full AROM (flex, ext, pro, sup) as pain allows (typically start after first week or two based on comfort)</li><li>• NO RESISTANCE; NO LIFTING MORE THAN A DRINK</li><li>• Goals: protect repair, full active ROM</li></ul>
Resistance & Strengthening	Week 8-15	<ul style="list-style-type: none"><li>• Start progressive strengthening (flexion / supination) with a 20lb max during these months</li><li>• Continue full shoulder strengthening, elbow extension, and other non-biceps strengthening</li><li>• Goals: Painless ROM, Painless strengthening</li></ul>
Return to Sports	Week 2	Stationary bike, non-free weight LE strengthening
	1 Month	Running
	2 Months	Elliptical, free weight LE strengthening (with weight restriction)
	3 Months	Non-contact sports (swimming, tennis, non-contact basketball & soccer, fishing, chipping/putting, short-toss baseball)
	4 months	Unrestricted lifting; Contact sports (full golf, skiing, progressive throwing program)

\*Indications for splinting & brace use: non-compliance, chronic / retracted tear, allograft reconstruction

### **IF NEED A BRACE ... General Range of Motion Progression:**

Week 2: 45 degrees to full elbow extension

Week 3: 45 degrees to full flexion

Week 4: 30 degrees to full elbow flexion

Week 5: 20 degrees to full elbow flexion

Week 6: 10 degrees to full elbow flexion; full supination-pronation

Week 8: Full ROM of elbow, full supination-pronation