

DISTAL BICEPS REPAIR WITH ENDOBUTTON
REHABILITATION PROTOCOL

WEEK 1

- Sling for comfort.
- The elbow is maintained in 90° flexion and the forearm in neutral rotation for the first week.
- Begin hand/finger ROM on POD 1.

WEEK 2-3

- Initiate scar management
- Patient is placed in a hinged splint with a dynamic flexion component;
- Active extension is limited to -30° by a built-in extension block.
- Patient is to wear post surgical splint while sleeping
- Home exercise program includes:
 - o Passive supination/pronation with the elbow in full flexion
 - o While wearing the brace, patient is to perform active elbow extension to the block, with passive flexion
 - o 10 repetitions every waking hour
- Patient should wear tubigrip or edema sleeves to manage edema and swelling

WEEK 4-5

- The extension block is removed.
- Start AROM
- Splint to be worn in crowded areas and with increased activity
- Wean from splint

WEEK 7-8

- Start gentle strengthening and proceed as tolerated to 100% activity (daily tasks) by 3 months.

4-6 MONTHS

- Progress strengthening as tolerated. Restrictions on strenuous exercise as determined by physician and therapist.
- At 6 months resume heavy lifting over 50# and/or heavy work tasks.
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CONSIDERATIONS

- Patients are normally seen 1-2 times a week for progression of protocol, measurement of progress with ROM and review of precautions.
- Patients are not allowed to perform active supination or active elbow flexion until Week 4-5.

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