

**DISTAL BICEPS REPAIR
DR. MENCIAS, MD**

5-7 DAYS POST OP

Surgical bundle is removed.

Fabricate custom long arm splint with elbow in 90 degrees with wrist not included.

Initiate active elbow extension to 30 degrees.

Initiate passive elbow flexion and forearm supination, full range.

AROM to shoulder within the splint, wrist, and digits.

10-14 DAYS POST OP

Initiate edema management and scar management.

3 WEEKS POST OP

Initiate AROM to the elbow.

Continue with the splint in between exercises and at night.

4 WEEKS POST OP

PROM of the elbow in extension is permitted.

Light ADLs without the splint; bathing, dressing, folding laundry.

6 WEEKS POST OP

The long arm splint is discontinued.

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.

Occasionally, the LABCN or PIN may have temporary compression post op. This should resolve within 10-12 weeks post op. Educate patients on recovery, continue with massage, desensitization, and TENS may offset localized pain.

Patients are cautioned against unrestricted use of the arm until 6 months post op.