

POST-OP Distal Biceps Repair Instructions and Therapy Protocol

Dr. Erik J Carlson
Active Orthopaedics P.C.
Middlebury, CT

Office Contact Number: 203-758-1272

Instructions

- ✓ Stay in splint until follow-up appointment, approximately 1 weeks from the surgery
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling . Do not use the arm for any type of heavy lifting.
- ✓ For bathing, please cover the splint and do not allow it to get wet.

Dressing

- ✓ After removal of the splint, keep the Tegaderm dressing on until follow-up for suture removal (approximately 2 weeks from surgery)

To reduce the risk of infection:

- **DO NOT soak the wounds for prolonged periods until 4 weeks from surgery (ie no swimming, baths, etc).**
- **DO NOT apply any antibiotic or other ointments, gels, or creams**
- **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 7 and 14 days from surgery.

Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

Distal Biceps Repair (Biceps Button) Post-Op Therapy Instructions

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Patient Name _____ Date of Surgery _____

Diagnosis _____ Type of Repair _____

Week 1: Goals = Control pain, wound healing

Wean off of prescribed medication. May substitute Tylenol or Ibuprofen

Stay in post-operative splint until follow-up 7 days from surgery.

Weeks 2-6: Goals = Regain motion incrementally

Splint will be removed at 7 days. Sutures will be removed at 14 days.
Hinged brace set to block at 30 degrees short of full extension

Progress with gentle passive, active, and active-assisted ROM in elbow flexion and extension and forearm supination and pronation.

Each week increase motion by 10 degrees to full extension by week 5. Adjust hinged brace accordingly.

Weeks 6-8: Goals = Full active motion.

By 8 weeks post-op, patients should have full active motion of the elbow in flexion and extension and forearm supination and pronation.

Begin to introduce gentle strengthening.

Weeks 8-12: Goals = Regain strength

Gentle strengthening until full strengthening has been achieved by 12 weeks.