

## **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 prescribed medication. May substitute Tylenol or Ibuprofen

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

### **Week 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 60 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.