

DR. BARNETT DISTAL BICEPS REPAIR

3-7 Days Post Op

- The bulky dressing is removed and a light compressive dressing is applied.
- A posterior splint is fabricated with the elbow positioned at 30 degrees. The splint is designed to allow rom exercises to be performed within the splint, distal strap removed.
- Passive rom is initiated to the elbow.
- Arom is initiated for the forearm and wrist. Pronation and supination to be done with elbow flexed greater than 90 degrees.
- Elbow extension 70 degrees and increases by 20 degrees each week.

10-14 days post op

- Scar management is initiated within 48 hours of suture removal, including scar dressing if needed.
- Continue appropriate edema management, using compressive sleeves as needed.

3-4 weeks post op

- The splint is continued between exercise sessions and at night. No active rom until 6 weeks post op.

6 weeks post op

- Discontinue the posterior extension block splint when prom is at 10 degrees of extension
- Goal of full active and passive rom.
- Dynamic or static progressive splinting is initiated to achieve end range elbow extension if needed.

8 weeks post op

- Progressive strengthening is initiated.
- Work conditioning is recommended for those patients returning to a job that requires heavy lifts.