

ORTHOARIZONA

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Distal Biceps Tendon Repair

Limitations:

No active or resisted elbow flexion or forearm supination activities for 6 weeks. Patient may wean from sling between 3-4 weeks.

0-3 Weeks:

Arm in sling, forearm held in supination with the elbow at 90° of flexion.

Avoid shoulder extension.

Modalities as indicated for edema reduction.

Patient education on scar tissue massage.

Gentle passive ROM-therapist last feel for tension in the repair and stretching for extension and only range elbow in tension-free range. Over flexion gently to tolerance.

Passive ROM of shoulder to prevent capsular tightness.

3-6 Weeks:

Patient may begin to wean from sling but must be educated on the activities that will place stress on the repair.

Progressive PROM with a goal of achieving full elbow motion by 6 weeks.

Progressive passive supination/pronation working towards regaining full ROM by 6 weeks.

6 Weeks:

Active elbow flexion and supination exercises are initiated.

Rotator cuff and scapulothoracic strengthening exercises as necessary.

8 Weeks:

Progressive resistive exercises are begun.

Discharged from physical therapy if patient has full elbow and forearm ROM. Patient should be knowledgeable about progression of resisted exercises.