



Distal Biceps Tendon Repair (with Endobutton)**
 Daniel Lygrisse, MD
 Midwest Orthopaedic Center — Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-2 weeks 2x/week	Sling x 2 weeks Avoid Pronation/ Supination No lifting	No elbow ROM No forearm ROM Full hand and wrist ROM	Hand and wrist AROM exs
Phase 2: 2-4 weeks 2x/week	D/C Sling No lifting >1# with ADL's	Elbow Flex/Ext as tolerated Protect Pronation/ Supination	Hand, wrist exs; Elbow Flexion / Elbow Extension AROM Can begin soft tissue work
Phase 3: 4-6 weeks 2x/week	No lifting >5# with ADL's	No elbow ROM restrictions Gentle Pronation/ Supination	Continue above exs Scar mobilization
Phase 4: 6-12 weeks 2x/week	Ease restrictions	Full	Initiate elbow/forearm strengthening exercises 1# Work up to "75%" of normal activity levels
Phase 5: 12-16 weeks 1-2x/week	No restrictions	Full	Expect "90%" activity levels at 4 months post-op Return to full duty > 4 months

****If graft is used, stay in each phase +1 week for healing and protection****

MD post op appts: 2 weeks, 6 weeks, 12 weeks

Please send OT progress notes prior to each of these MD appts.

This protocol is not a substitute for clinical decision making of the health care professional.

Please see OT referral for any specific post op instructions; **Call for op-reports if needed.**