



Bicep Tendon Repair *with* Graft
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	PRECAUTIONS	ROM	EXERCISES
0-2 Weeks	Don Joy Lockable Elbow Brace: locked @ 90° flexion	PROM elbow flexion from 90° to full flexion A/AROM supination/pronation (elbow at 90°)	PROM elbow Flexion AROM Wrist and hand
3 weeks 1-2x/week	Elbow brace unlocked to 45° for exercise only. Locked at 90° when not exercising	Up to 45° extension	A/PROM elbow flexion AROM elbow extension to 45° A/PROM pronation/supination (elbow at 90°)
4 weeks 1-2x/week	Elbow brace unlocked to 30° extension	Up to 30° extension Full elbow flexion, supination, pronation	AROM elbow extension to 30°
5 weeks 1-2 x/week	Elbow brace unlocked to 15° extension. Can do light ADLs without brace	Continue full active and gentle self-passive ROM of elbow and forearm	AROM elbow extension to 15° Start wrist and hand strengthening in the brace
6 weeks	D/C Brace	Unrestricted AROM; gentle PROM	
8 weeks	Use arm for all ADLs Avoid resistance to elbow between 0-45° of extension		Start 1-3 pounds endurance-building strengthening
10+ weeks	Limit 5# to week 12 Limit 10# to week 16 Limit resistance with elbow in full extension Limit unrestricted use of arm until 6 months post-op		16 weeks return to normal activity with some restrictions (per MD orders) 4-6 Months progressive strengthening may be initiated

MD post op appts: 2 weeks, 6 weeks, 12 weeks; Please send OT progress notes prior to each of these MD appts. **Fax# 309-689-7083**

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.