

Distal Biceps Tendon Repair

Drs. Gaudelli, Korbyl, Kosak, Pearce (repairs > 14 days old), Wolstenholme

PHYSIOTHERAPY PRESCRIPTION:

0 - 2 WEEKS:

- Plaster elbow splint +/- sling
- Range of motion of wrist (as permitted by the splint) and fingers

2 - 8 WEEKS:

- Articulated elbow splint
- Start PASSIVE flexion, ACTIVE-ASSISTED extension
- Limitations:
 - Flexion: none
 - Extension: start at 90 degrees and increase by 10-15 degrees every week
- Do not passively pronate forearm
- No active flexion, no active supination

8 - 12 WEEKS:

- Discontinue the splint
- Achieve full range of motion of the elbow

12+ WEEKS:

- Start strengthening of the affected upper extremity