

## **POST-OPERATIVE DISTAL BICEP REPAIR PROTOCOL**

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EWHO dynamic – Hinged elbow blocked usually at –30 degrees extension or as Physician requests with wrist in neutral to limit supination

### **DAY 3 – DAY 21**

- Ice after exercise through inflammatory and fibroblastic phases of healing; preconditioning heat via hot packs when acute inflammation is mediated
- Silicone/Paper tape, Vitamin E massage to scar
- Monitor edema, use compression grip sleeve for edema control
- Gravity assisted flexion to tolerance (120 degrees flexion maximum) and active extension to –30 degrees extension maximum
- Active supination/pronation to tolerance only with the elbow flexed
- AROM of wrist in all planes
- TGE digits to full
- AROM of thumb to full

### **3 WEEKS POST-OPERATIVE**

- Scar massage, preconditioning hot pack heat, and edema control with compression dressing as needed to continue
- Begin active exercise out of the orthotic/brace

### **4 WEEKS POST-OPERATIVE**

- PROM permitted out of the orthotic for any residual loss of motion into flexion and extension of the elbow
- Gentle weighted stretching
- Wear orthotic/brace between exercise and hour of sleep

### **6 WEEKS POST-OPERATIVE**

- Isometric strengthening, gentle at first, then more robust as tolerated
- Orthotic/brace discharge
- Application of dynamic orthosis if needed
- Progressive strengthening

## **8-10 WEEKS POST-OPERATIVE**

- Work conditioning program as appropriate