

Distal Biceps Repair

Immediate Postoperative Instructions

- **Splint:** Keep Dressing on for 1-2 weeks, may leave on until follow-up. Keep splint on if applied.
- **Shower:** May shower immediately in waterproof dressing
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.
- **Activity:** Ice and elevate
- **No lifting anything greater than a coffee cup. May start using your hand, wrist, elbow, and shoulder immediately as pain allows.**

Postoperative Plan

Sling Use

- Use the sling until you regain full control and sensation of your shoulder and hand

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- Lifting allowed at 6 weeks
- 12 Weeks: Anticipated Return to Full Activities

Physical Therapy Protocol

Phase I: Weeks 0-1

- Splint at all times (if splint applied)
- Full range of motion to fingers and wrist

Phase II: Weeks 1-6

- Full **active** range of motion of elbow
- No weight greater than 2-5 pounds
- Active motion only
- Avoid combined terminal extension/supination.
- Full shoulder exercises, continue hand exercises

Phase 3: Weeks 6+

- Full Motion, Active and passive
- May start strengthening exercises slowly, starting at 2 pounds