



Mid-America Orthopedics

Dr. John Babb

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DISTAL BICEPS REPAIR PROTOCOL

Day 1 - Day 6 Post-op

- **PRECAUTIONS:**
 - **Brace: Locked at 90 deg. of elbow flexion for first two weeks post-op**
 - **Do not begin active supination for first two weeks but pt. can perform wrist and hand gripping exercises..**
 - PT removes bandages at first PT visit 1 week post-op, keep steri-strips intact until Dr Babb can remove them.
 - No ointments, betadine etc should be used on the incisions or portals.
 - If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
 - **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
 - If any wounds are oozing delay range of motion until wounds are closed and healed.
 - **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until incisions are scars.
- **NO PT until Day 7 post-op**
- **NO FUNCTIONAL ACTIVITIES WITH AFFECTED ARM FOR 3 WEEKS**

Day 7- 13 Post-op

- **Brace: Locked at 90 deg. flexion**
- **ROM: PT to start PROM only to tolerance at Day 7 post-op. DO NOT PUSH PROM.**
- Modalities PRN for pain and edema control

Day 14- 20 Post-op

- **Brace: Progressively open ROM brace each week**
 - Day 14 post-op: open brace to **70 deg.-100 deg.**
- **ROM:**
 - **Initiate AROM (ROM limited per pt. tolerance)**
 - Continue progressing PROM with goal of full PROM at 6 weeks post-op
 - **NO functional activities with affected arm**

- **Strengthening:**
 - Rotator cuff/scapular isometrics
 - Gripping exercises
 - Wrist flexion/extension isometrics.
 - **Avoid elbow strengthening**

Day 21- 41 Post-op

- **Brace:**
 - Day 21: open brace to **50 deg.-110 deg.**
 - Day 28: open brace to **30 deg.-120 deg.**
 - Day 35: open brace to **15 deg.-130 deg.**
- **ROM:**
 - Continue PROM/AAROM/AROM with goal of full PROM at 6 weeks post-op.
- **Strengthening:**
 - Continue with previous strengthening activities.
- **ALLOW ADL's AS TOLERATED**

6- 8 Weeks Post-op

- **Brace:**
 - Day 42: open brace to **0 deg.-145 deg.** with possible d/c of brace upon RTD.
- **ROM:**
 - Continue PROM/AAROM/AROM with goal of full PROM/AROM
- **Strengthening:**
 - Initiate triceps strengthening
 - Progress wrist extensor/flexor strengthening
 - Continue previous strengthening activities

8-10 Weeks Post-op

- **ROM:**
 - PROM/AROM should be full in all planes
- **Strengthening:**
 - Continue previous strengthening activities with appropriate progressions
 - Initiate bicep isometrics

10-12 Weeks Post-op

- **ROM:**
 - Initiate UBE
 - Continue all previous ROM activities with focus on home stretching
- **Strengthening:**
 - Initiate bicep strengthening using light weight (starting with 1# and progress slowly)
 - Continue previous strengthening activities with appropriate progressions
- **ALLOW ACTIVITIES AS TOLERATED (NO SPORTS) AT 12 WEEKS POST-OP**

4 Months Post-op

- **ROM:**
 - Continue all previous ROM activities with focus on home stretching/ROM
- **Strengthening:**
 - Initiate bicep plyometrics
 - Continue previous strengthening activities with appropriate progressions

6 Months Post-op

- **Full activities as tolerated, including return to sports upon clearance from Dr. Babb.**

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.