

REHABILITATION GUIDELINES
DISTAL BICEPS REATTACHMENT

Patient is referred to therapy services at 2 weeks post-op unless physician notes significant ROM deficits during the first 2 weeks. No motion for first 2 weeks.

Post-Op splint for 2 weeks, then removable splint (Orthoglass or Orthoplast)

2-4 WEEKS

DOS:

1. Gentle ROM of elbow
2. No supination or pronation
3. Needs to wear splint until 6 weeks post-op

6 WEEKS

DATE:

1. Work elbow extension in supination
2. Work pronation with elbow flexed
3. No resisted Biceps Function until 8 weeks
4. Desensitization on wound

Light massage is OK, but do not push on upper part of arm

Resisted supination and flexion are not allowed for 8 weeks after the procedure (wait 3 months for max strength)

May come out of splint for gentle AROM, but minimal force with triceps when getting extension
Biceps tendon