

# BICEPS TENDON REPAIR (DISTAL) (Single Anterior Incision)

Dr. Bienz

## **DOS:**

Patient is referred to therapy services at 6 weeks post op unless physician notes significant ROM deficits during 1<sup>st</sup> 6 weeks. Pt will do HEP.

Post op splint for 2 weeks, then sling

At 6 weeks:

- Start therapy for ROM if not full by then
- Work elbow extension in supination
- Work pronation with elbow flexed
- No resisted Biceps Function until 8 weeks
- Desensitization on wound

\*Light massage 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).

\*Variance if 2 incision technique without Endo button

\*May come out of sling for gentle AROM but minimal force with triceps when getting extension