



Distal Biceps Tendon Repair (with Endobutton)**

Daniel Lygrisse, D.O.

Midwest Orthopaedic Center — Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-2 weeks 2x/week	Sling x 2 weeks Remove for hygiene Avoid Pronation/ Supination No lifting	No elbow ROM No forearm ROM Full hand and wrist ROM	Hand and wrist AROM exs
Phase 2: 2-4 weeks 2x/week	D/C Sling No lifting >1# with ADL's (coffee cup)	Elbow Flex/Ext as tolerated Pronation/ Supination as tolerated	Hand, wrist exs; AROM Elbow Flexion / Elbow Extension; AROM pronation/supination Can begin soft tissue work
Phase 3: 4-6 weeks 2x/week	No lifting >1# with ADL's	No elbow ROM restrictions No forearm rotation restrictions	Continue above exs Scar tissue mobilization
Phase 4: 6-12 weeks 2x/week	Ease restrictions	Full	Initiate elbow/forearm strengthening exercises w/ 1# *Progress by +1# each week Work up to "75%" of normal activity levels
Phase 5: 12-16 weeks 1-2x/week	No restrictions	Full	Expect "90%" activity levels at 4 months post-op Return to full duty > 4 months

MD post op appts: 2 weeks, 6 weeks, 12 weeks; Please send OT progress notes prior to each of these MD appts. **Fax# 309-689-7083**

This protocol is not a substitute for clinical decision making of the health care professional. Please see OT referral for any specific post op instructions; **Call for op-reports if needed.**