

## Distal Biceps Tendon Repair

Dr. Widstrom

❖ Schedule OT same day as doctor

❖ PROM elbow extension will be determined by Dr. Widstrom on a case by case basis

Time Frame	Treatment	Goals
Initial eval  2 weeks post-op	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Client will be in a sling if compliant. If doctor and/or therapist feel client may be noncompliant a long arm orthosis with elbow at 90 degrees will be fabricated               <ul style="list-style-type: none"> <li>○ May be removed for exercises and showers</li> </ul> </li> <li>• Educate in edema management</li> <li>• Educate on HEP               <ul style="list-style-type: none"> <li>○ Gentle AROM for elbow, wrist and hand                   <ul style="list-style-type: none"> <li>- Reinforce precautions NO USE of involved UE</li> <li>- May use for writing</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• Issue sling or Fabricate orthosis</li> <li>• HEP</li> <li>• Educate on precautions</li> </ul>
Phase II  5 weeks post-op	<ul style="list-style-type: none"> <li>• Educate in scar management techniques</li> <li>• May begin modalities as indicated               <ul style="list-style-type: none"> <li>○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• ROM</li> </ul>
Phase III  6 weeks post-op	<ul style="list-style-type: none"> <li>• Follow up appointment with physician</li> <li>• Discontinue sling or orthosis</li> <li>• Begin gentle light weight progress resistive exercises with in lifting precautions</li> </ul>	<ul style="list-style-type: none"> <li>• Progress HEP towards PRE</li> <li>• ROM</li> <li>• Wean out of sling/orthosis</li> </ul>