



Distal Bicep Tendon Repair Protocol

Applicability: Physician Practices	Date Effective: 09/2013
Department: Rehabilitation Services	Date Last Reviewed: 10/2016
Supersedes: n/a	Or Date Last Revision:
Administration Approval: Amy Putnam, VP Physician Services	

Purpose: Define the protocol to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

Policy Statement:

Treatment will follow the defined protocol below and be carried out by Physical Therapist, Athletic Trainer, Occupational Therapist and/or Physical Therapy Assistants.

Background: n/a

Definitions: n/a

Procedure:

Outpatient Physical Therapy to begin after initial MD follow up approx. 2 weeks or sooner if requested by MD.

Post Op – 2 weeks

Sling +/- brace: with elbow at 90 degrees

Edema Control: ice

tensogrip

Kinesiotaping as indicated

ESTIM as indicated

Active assisted elbow extension to 60 degrees x 2wks

Active assisted pronation with elbow at 90 degrees x 6 wks

Passive and Active assisted elbow flexion > 90 degrees allowed

Passive and Active supination with elbow at 90 degrees allowed

NO extension stretching

NO pronation stretching

NO resistance

Active wrist and finger ROM allowed

2 weeks – 4 weeks post-op

Edema Control: ice

tensogrip

Kinesiotaping as indicated



ESTIM as indicated

Suggested Exercises: Active assisted elbow extension to 45 degrees
Shoulder A/PROM (no shoulder extension stretching)
Passive and Active assisted elbow flexion > 90 degrees
Passive and Active supination with elbow at 90 degrees

May initiate scar massage

4 weeks – 6 weeks post-op

Edema Control: ice

tensogrip

Kinesiotaping as indicated

ESTIM as indicated

Sling: with elbow at 90 degrees

Suggested Exercises: Active assisted elbow extension to 30 degrees
NO extension stretching
NO pronation stretching
NO resistance
Continue active assisted elbow flexion
Putty for grip strengthening

6 Weeks post-op

Sling: may be discontinued

Suggested Exercises: AROM all directions elbow and shoulder
Active combined motions (pronation with elbow extension)- no stretching
Isometric triceps contraction elbow at 90 degrees
Progress grip strengthening activities slowly
Light progressive wrist strengthening

8 weeks post-op

Suggested Exercises: PRE elbow and shoulder
Gentle stretching all directions

12 weeks post-op

Suggested Exercises: Full progressive strengthening

Note Well: n/a

Monitoring Plan: rehab chart audit

Related Policies: n/a

References: n/a

Reviewers: Rehab and Orthopedics

A. Key Stakeholders: Michael Barnum, Ortho Medical Director

B. Committees: n/a



C. Key Process Owner (KPO): Kristy Cushing, Rehab Manager. Karen Staniels Director of Ortho Rehab

Not part of policy: [ADD Key words for policy search if end user didn't know the name]