

## Distal Biceps Tendon Tear Repair/Conservative Care

**Dr. Green**

\* Schedule OT 3 days post-op.

Time Frame	Treatment	Goals
Phase I Post-Op Day 3	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• No sling or brace is necessary. Only needed for comfort.</li> <li>• Instruct in edema management techniques.</li> <li>• Educate in home and therapy exercises consist of gentle AROM of the elbow, wrist, forearm, and hand; passive elbow flexion followed by active elbow extension and passive supination followed by active pronation. PROM elbow extension should only be completed if indicated by doctor.</li> <li>• Instruct in precautions including NO use of the involved upper extremity.               <ul style="list-style-type: none"> <li>○ May use the involved upper extremity to write.</li> <li>○ NO lifting more than a coffee cup for 6-8 weeks.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Gentle ROM of elbow and forearm</li> <li>• Functional ROM fingers and wrist</li> </ul>
Phase II Post-Op Days 10-14	<ul style="list-style-type: none"> <li>• Instruct in scar management techniques (to begin once incision is healed).</li> <li>• If needed issue scar pad (to be worn once incision is healed).</li> <li>• May use modalities as indicated once suture holes are closed (ultrasound typically not done until 5 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 5 weeks.</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Scar management</li> <li>• Continued ROM as above</li> </ul>
Phase III 12 Weeks Post-Op	<ul style="list-style-type: none"> <li>• May begin aggressive muscle strengthening program for wrist, elbow, and forearm.</li> </ul>	<ul style="list-style-type: none"> <li>• Functional AROM</li> <li>• Strengthening</li> </ul>