

Distal Biceps Tendon Repair Dr. Lauer

*Schedule OT same day as doctor

***MD follow up at 2 weeks and 6 weeks**

*Pre-op: Occupational therapy will fit with a prefabricated hinged elbow brace (L3760)

Time Frame	Treatment	Goals
Phase I Initial Visit Same Day Clinic	<ul style="list-style-type: none"> Evaluate and Treat Educate in edema management Reinforcement of precautions <ul style="list-style-type: none"> No lifting, pushing, pulling and to not lift anything heavier than a coffee cup Client will have a hinged elbow brace that allows for full motion (MD may indicate need for specific flex/ext blocking in OP note or 10-14 post op follow-up depending on the tightness of the repair and/or client's pain) <ul style="list-style-type: none"> May be removed for exercises and showers Educate on HEP <ul style="list-style-type: none"> Gentle AROM for elbow, wrist and hand within the constraints of the hinged elbow brace 	<ul style="list-style-type: none"> Edema management Education on hinged elbow brace wear/care HEP
Phase II 5 weeks post-op	<ul style="list-style-type: none"> Educate in scar management techniques May begin modalities as indicated (generally 5 weeks post op unless otherwise indicated by MD) <ul style="list-style-type: none"> Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<ul style="list-style-type: none"> Scar management ROM
Phase III 6 Weeks post-op	<ul style="list-style-type: none"> Follow up appointment with physician Discontinue sling/hinged elbow brace Begin gentle light weight progress resistive exercises within lifting precautions 	<ul style="list-style-type: none"> Progress HEP towards PRE ROM Wean out of sling/orthosis