

Distal Biceps Tendon Repair Dr. Feierabend

❖ Schedule OT ~4 weeks post-op (same day Clinic follow-up).

Time Frame	Treatment	Goals
Phase I Initial Visit ~4-6 weeks post-op	<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 (L3760) fit from MD (MD will set parameters) <ul style="list-style-type: none"> ○ OT may adjust hinged elbow brace as tolerated until full pain free elbow extension is achieved • Instruct in gentle AROM for elbow, wrist, and hand within the constraints of the hinged elbow brace • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad if needed (to be worn once incision is healed). • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). <ul style="list-style-type: none"> ○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 4 weeks. 	<ul style="list-style-type: none"> • Edema management • Education on hinged elbow brace wear/care • HEP • Scar management • ROM
Phase II 10-12 weeks post-op	<ul style="list-style-type: none"> • Follow-up appointment with physician • Discontinue 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