



# Orthopaedic Protocols

## Distal Biceps Tendon Repair

### **Immediate Post-op:**

- Posterior splint elbow 90 degrees of flexion, forearm neutral rotation.

### **Week 2 Post-op:**

- Staples out 10 to 14 days

### **Week 3 Post-op:**

- Posterior splint at 90 degrees. Begin active extension to 30 degrees, passive flexion
- Passive supination/pronation of the forearm with the elbow at 90 degrees

### **Week 6 Post-op:**

- 30 degrees extension stop is discontinued

### **Week 9 Post-op:**

- Splint is discontinued & the patient is allowed to flex & extend the elbow against gravity

### **Week 12 Post-op:**

- A strengthening program is initiated