

Post-Operative Instructions **Open Elbow Surgery, Distal Biceps Repair**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite. .
- D. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a split or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Distal Biceps Tendon Repair Rehabilitation Guidelines

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

IMMOBILIZATION

- Posterior splint
- Elbow immobilization at 90 degrees for 7-10 days

BRACE

- Elbow placed in ROM brace at 7-10 days post-operative
- ROM set at 45 degrees to full flexion
- Gradually increase elbow ROM in brace
- Brace or sling is discontinued at 8 weeks

RANGE OF MOTION PROGRESSION

- Week 2: 45 degrees to full flexion
- Week 3: 45 degrees to full flexion
- Week 4: 30 degrees to full flexion
- Week 5: 20 degrees to full flexion
- Week 6: 10 degrees to full flexion; full supination/pronation
- Week 8: full ROM of elbow; full supination/pronation

RANGE OF MOTION EXERCISES

- Week 3-5: passive ROM for elbow flexion and supination; active-assisted ROM for elbow extension and pronation
- Week 6-8: initiate AAROM elbow flexion
- Week 9: active ROM elbow flexion

STRENGTHENING PROGRAM

- Week 2-3: isometrics for triceps and shoulder muscles
- Week 9: active ROM, no resistance applied
- Week 10: PRE (progressive resistive exercise) program is initiated for elbow flexion and supination/pronation
 - Begin with one pound and gradually increase shoulder strengthening program
- Week 14: may initiate light weight training such as bench press and shoulder press

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____