

## **Post-Operative Instructions** **Proximal Biceps Reconstruction**

### **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 splint 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](http://www.newyorkortho.com).**

## Rehabilitation Protocol: Proximal Biceps Reconstruction

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-8)**

- Sling immobilization to be worn at all times except for showering and rehab under guidance of PT
- Range of Motion –PROM → AAROM → AROM of elbow as tolerated **without** resistance (allows biceps tendon to heal into new insertion on the humerus without being stressed), AROM of shoulder (no restriction)
  - Goals: full passive flexion/extension at elbow and full shoulder AROM
  - Encourage pronation/supination without resistance
  - Grip strengthening
- Physical therapy beginning at 6 weeks
- Heat/Ice before and after PT sessions

**Phase II (Weeks 8-16)**

- Discontinue sling immobilization
- Range of Motion
  - Begin AROM of elbow with passive stretching at end ranges to maintain/increase elbow/biceps flexibility
- Therapeutic Exercise
  - Begin light isometrics with arm at side for rotator cuff and deltoid – can advance to bands as tolerated
  - Begin light resistive biceps strengthening at **12 weeks**
- Modalities per PT discretion

**Phase III (Months 4-7)**

- Range of Motion – Progress to full AROM of elbow without discomfort
- Therapeutic Exercise
  - Continue and progress with Phase II exercises
  - Begin UE ergometer
  - Begin sport-specific rehabilitation
  - Return to throwing at 4 months
  - Throwing from a mound at 5.5 months
  - Return to sports at 7 months if approved
- Modalities per PT discretion

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_