



Town Center

ORTHOPAEDICS

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HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Distal Biceps Repair

- Keep splint and sling until follow up. OK to move fingers, but no grasping/gripping with hand.
- Follow up with me 10-14 days post-op: Trim suture tails. Switch to hinged brace. OT after visit. No active elbow ROM yet. Still refrain from gripping.
- 2-6 weeks: Ice and elevate daily. Pronation and Supination only at 90 degrees. Keep locked at 90 degrees when up and moving around. OK to unlock for daily motion and progress weekly with the extension lock:
 - Week 2-3: 80 to full flexion (PASSIVE only)
 - Week 3-4: 40 to full flexion (PASSIVE only)
 - Week 4-5: 30 to full flexion. Start active ROM and grip
 - Week 5-6: 20 to full flexion. Remove brace at end of week.
- 6 weeks: Follow up with me. Start gentle isometric strengthening. Lift < 5 lbs. lifting. Do not perform full Flexion+Supination (bicep curl) or full Extension +Pronation yet.
- 8 weeks: Start isotonic strengthening. Continue stretching until normal. Lift < 10 lbs.
- 12 weeks: Follow up with me. Strengthen as tolerated until normal
- 4 months: OK for contact sports or full duty manual labor