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## **Distal Biceps Tendon Rupture: Postoperative Protocol**

### **Initial Evaluation (Two Weeks Post-Op)**

#### **GOALS:**

1. Abbreviated Evaluation
  - Assess for edema.
  - Assess incision site.
2. Fit elbow hinge splint blocking at 75° extension to prevent active extension.
3. Instruct patient in home exercise program of passive elbow flexion/extension within splint as well as passive supination/pronation with elbow flexed to at least 90°.
4. Educate patient regarding precautions.

If patient presents with the following **Self-Management Criteria**, place on a home exercise program.

- No limitation of range of motion of elbow and forearm within splint boundaries;
- Minimal to no pain at rest;
- Apparent adherence to precautions;

If patient does not meet above criteria, then a course of formal rehabilitation will be initiated 2-3 times per week until above criteria has been met.

Patient to increase extension of splint weekly. Elbow extended by 15° weekly and continues to be extended progressively until full extension is achieved by 8 weeks post-operatively.

### **Treatment Guidelines**

#### **Week 8**

- Splint is discontinued.
- Active flexion is begun within splint.
- Continue with previous exercises.

#### **Week 10**

- Full active range of motion exercises.

#### **Week 12**

- Upper extremity strengthening is begun as appropriate.

#### **Week 16**

- Full use is allowed.