

## **Biceps Tendon Repair**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

### 7 days Post Op

Long arm splint (posterior based) holding elbow at 90 degrees with wrist in neutral

Edema control

Exercises—10 repetitions 4-6 times a day

Elbow—use other hand to assist with positioning—NO active biceps flexion or supination

- Active extension to 35 degrees (tabletop)
- Active pronation within comfort level with the elbow at 90 degrees
- Passive elbow flexion to full as tolerated
- Passive supination to comfort level with the elbow at 90 degrees. Perform this very gentle as the repair may be tight.

Wrist

- AROM—flexion and extension with forearm in a neutral position and supported on table

Fingers

- AROM all motions PRN

### 3-4 Weeks Post Op

Continue protective splinting full time

Exercises—10 reps 4-6 times a day

- Gravity assisted elbow extension with forearm in neutral—make sure arm is assisted to return to table or lap position
- Active elbow flexion from 90 degrees to full flexion with forearm in neutral position
- Active assisted pronation with elbow at 90 degrees
- Active supination with elbow at 90 degrees
- Active isolated triceps extension over head with forearm in neutral

## 5 Weeks Post Op

Continue protective splinting full time

Exercises—10 reps 4-6 times a day

- One pound assisted elbow extension with forearm in neutral (if needed)
- One pound isolated tricep extension extension with forearm in neutral; overhead position or supine
- Active elbow extension to flexion in full range with forearm in neutral
- Active forearm supination/pronation to full range with elbow at 90 degrees
- Wrist PRE beginning with 1-3 pounds. OK to fully pronate/supinate as long as elbow is at 90 degrees and supported
- Hand strengthening with elbow supported

## 6 Weeks Post Op—10-40 reps 2 times a day

Discontinue splint except for aggressive activity for 2 more weeks

Exercises

- Active bicep flexion beginning with 1 pound no more than 2 pound in safe range (90 degrees to full flexion and forearm in neutral)
- Upgrade isolated tricep extension to 5 pounds. (Avoid bicep contraction with the 5 pound when moving in/out of exercise position)
- Upgrade wrist PRE and hand strengthening as needed

## 8 Weeks Post Op

Discharge splint

Fit patient with a neoprene elbow sleeve

Patient is restricted to light use of the arm only

Exercises—10-40 reps 2 times a day

- Active bicep flexion in safe range (90 degrees to full flexion with forearm in neutral) Begin to upgrade weight—should be between 5-8 pound by 3 months post op
- Add full biceps curl with palm up starting from full extension rotating to neutral forearm at 90 degrees and completing reps with forearm in neutral—up to 3-5 pounds by 3 months post op

\*\*\*Note—this sequence for reps\*\*\*

- Active isolated tricep extension overhead or supine—upgrade as tolerated
- Active wrist PRE with elbow supported—upgrade as tolerated up to 8 pounds
- Can use up to 3 pounds for assisted supination if needed

#### 12 Weeks Post Op

Daytime elbow neoprene sleeve

Progress isolated bicep exercises per physician's orders. May need to stay within 8 weeks maximum weight restriction or SOMETIMES the following is approved:

Exercises—10-40 reps 2 times a day

- Safe range strengthening from 90 degrees to full range is discontinued
- Bicep curls from full extension, palm up and rotating to neutral at 90 degrees—progress from 5 pounds up to 10-12 pounds by 4 months post op
- Bicep curls from full extension with a neutral forearm throughout the range—progress from 5 pounds up to 15 pounds—18 pounds by 4 months post op
- DASH questionnaire from physician

#### 4 Months, 6 Months and 1 Year Post Op

Restriction of no heavy lifting over approximately 20-25 pounds continues up to 4-6 months post op

NOTE—Exact weight for restriction may vary by doctor and/or patient