



Distal Biceps Repair Protocol

What to expect?

| Sling | When can I go home? | What can I do? | What can't I do? |
|---------|---------------------|-------------------------------|---|
| 4 weeks | Overnight stay | Gentle movements as tolerated | No forced movements or heavy lifting (only weight of a tea cup) |

Plan for review appointments?

| If something feels wrong | 2 weeks | 3 months |
|---|-------------------------------------|--------------------------------------|
| Call the office in business hours; GP/local emergency department if after hours | Wound check and change of dressings | Review to see how you're progressing |

Notes to Physiotherapist

Sling for 4 weeks
 Passive and active-assisted ROM from 45 degrees to full flexion for the first 4 weeks
 Then increase to active ROM, and increase extension as tolerated. Aim to achieve full extension by 10-12 weeks
 Scar massage after 2 weeks
 Strengthening after 3 months
 Shoulder/Wrist/Hand ROM

Returning to occupational and recreational activities?

Driving 6 weeks
 Light work 2 weeks
 Heavy work 6 months
 Run/Road bike 4-6 weeks
 Gym 4-6 months
 Swim 6 weeks
 Tennis 4-6 months
 Contact sports 6 months