

Dr. Robert Wysocki

Biceps Tendon Repair

3-5 days: The postoperative dressing is removed. A light dressing and edema control are applied as needed.

Splint: A removable posterior mold at 90 degrees of flexion and neutral rotation is fabricated. Edema control is maintained

Motion: Initiate passive and active-assisted range of motion for elbow flexion and forearm supination from 30 degrees short of full extension to full flexion and increase to full extension by 6 weeks postoperatively. No restriction on forearm arc of motion. Active and passive elbow extension and pronation are allowed within the range of motion limits described above.

10-14 days: sutures removed, consider scar treatment, stockinettes to forearm/arm for swelling.

3 weeks:

Splint: Continued as above

Motion: Can initiated active elbow flexion out of splint to full extension by 6 weeks, and at 6 weeks add terminal passive elbow extension

6 weeks:

Splint: discontinued. Consider dynamic splinting if motion limited. Gentle progressive strengthening of elbow and forearm.

8 weeks:

Motion: continue as above.

10 weeks:

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks

A loss of active flexion can indicated loosening of repair, especially in first 6 weeks. Physician should be notified and both splint and terminal extension adjusted to 60 degrees instead of 30.