



Stanford

Hospital & Clinics

Shoulder & Elbow Clinic

REHABILITATION PROTOCOL

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Distal Biceps Tendon Rupture Repair

M 66.88

Day 0-10:

- Prior to leaving the operating room a sling, a bulky bandage and a splint will be applied to the elbow.
- Control swelling: Following discharge from surgery you will go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour.
- Control pain. You will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.
- You may gently roll the wrist so that the hand is facing upward. This will be painful. Do not use pressure. You may roll the wrist palm up as much as you like.

Day 10 - 6 weeks:

- You may come out of the sling at home, but wear it in public. This gives people warning that they shouldn't bump into you.
- You may passively bend her arm (flexion) and actively straighten her arm (extension), but this should be very gentle. You may stretch the arm into extension with fingertip pressure only from the other hand. There should be no active stretching or strengthening for 6 weeks.

6 weeks to 3 months

- May begin active range of motion of the arm with gentle strengthening (1-3 pounds). This may gradually increase up to 5 pounds per week as tolerated.

3 months

May begin full capacity strengthening and activities.
No limitations, unless otherwise noted by the surgeon.