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## **Distal Biceps Repair**

### **Recovery Timeline**

#### **Week 1 Post-Surgery**

- Wear splint and dressings until your visit with MD one week after surgery.
- We DO NOT recommend that you drive while required to wear your splint, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Use ice for post-operative pain and swelling relief.
- 1 week follow up with MD for suture removal and brace fitting.

#### **Weeks 2-3 Post-Surgery**

- Wear brace full-time. Unless otherwise instructed, do not change the brace settings that we have set.
- We DO NOT recommend that you drive while required to wear your brace, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Use ice for post-operative pain and swelling relief.
- 3 week postop follow up with MD for brace adjustment.

### **Weeks 3-6 Post-Surgery**

- Continue to wear the brace as instructed full-time until full active extension (straightening) of your elbow.
- We DO NOT recommend that you drive while required to wear your brace, are on narcotics, have limited motion of your arm, in pain or otherwise unable to drive safely.
- Perform home exercises as instructed and demonstrated in office
- 5 week postop follow up with MD for brace adjustment

### **Weeks 7-12 Post-Surgery**

- 7 week follow up with MD
- Initiate physical therapy around week 7 post-op or as instructed by MD.
- You will perform Range of Motion (ROM) exercises in PT and at home.
- Progress active and passive range of motion of your elbow.
- You will begin resistive exercises for your elbow.
- You will begin and increase functional activities including reaching and lifting light weight.

### **Weeks 12-20**

- 3-month follow-up with MD
- Progress pain free strengthening of your elbow.
- 4 months post op: You may resume running
- Include plyometrics exercises (i.e. chest pass, overhead pass)
- Progress functional and sport specific activities

### **6 months**

- May resume elbow intensive activities, overhead sport activities, contact sports