

Name: _____ Date of Birth: _____

Diagnosis: Distal Bicep Tear Code: S53.49

Procedure: Distal Bicep Repair Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Protected Repair, Wound Healing (0 to 2 weeks)

- Splint remains on for 10-14 days post-op
- Ok to use fingers and hand
- Keep splint clean and dry

Phase II: Progress ROM (2 weeks to 6 weeks)

- Dressing removed. OK to shower. No baths, pools, or hot tubs
- Simple sling while not doing exercises
- Initiate elbow exercise program 5 times per day:
 - Passive range of motion: flexion, extension, supination, pronation
 - No strengthening, no resistance

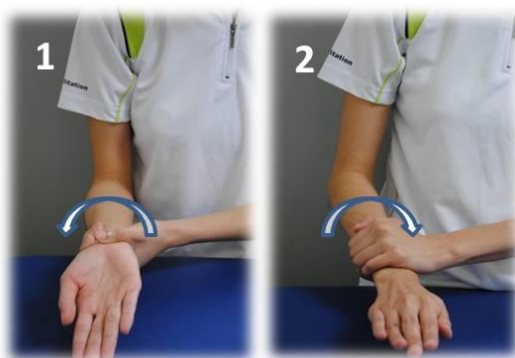
All exercises (see photos): using the non-operative arm, move the operative elbow as much as possibly without pain. Hold for 10 seconds and relax. You should feel a light stretch but no significant pain.

1. Passive Elbow Flexion (right photo)
2. Passive Elbow Extension (bottom right photo)
3. Passive Forearm Pronation and Supination (bottom left photo)



Phase III: Strengthening, Restore Function (>6 weeks)

- No lifting greater than 10 lbs until 3 months
- Start formal physical therapy
- Progressive strengthening, limit biceps strengthening to 10 lbs until 3 months



Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____