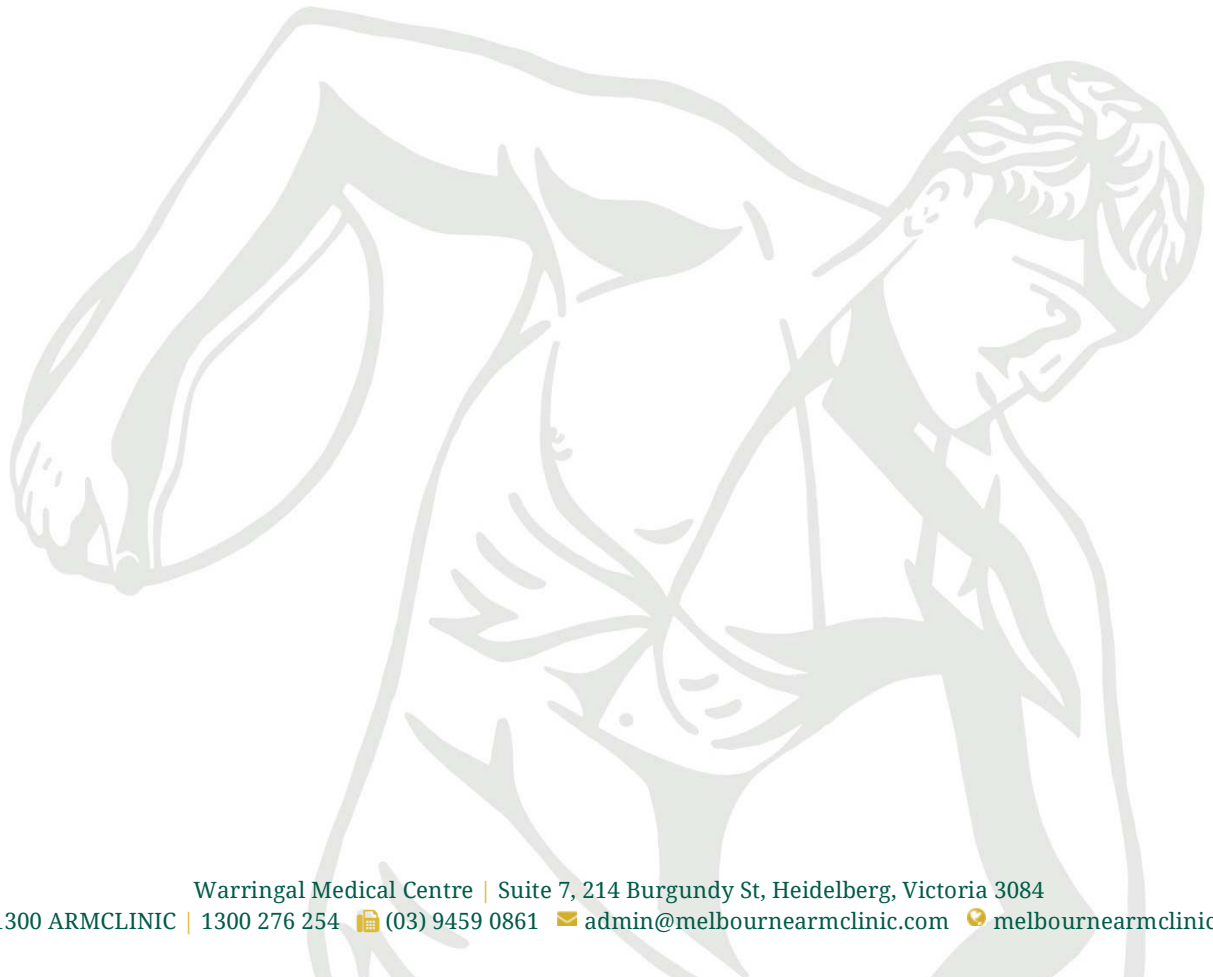




Biceps Repair Protocol





Biceps Repair

Mr. Matthan Mammen
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Orthopaedic Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
6 weeks	You will be discharged on the <u>same</u> day as the operation	Rest in a splint	No lifting

Acute phase (0-2 weeks)

Goals

- Reduce pain

Rehabilitation

- In posterior splint for 2 weeks at 90 degrees

Intermediate phase (2-6 weeks)

Goals

- Control pain
- Begin range of movement of elbow in controlled manner

Rehabilitation

- Change to range of movement brace
- Allowed 45 degrees to full flexion range until 4 weeks post op
- Then locked to allow full range of movement after 4 weeks
- Gradual increase in elbow range of movement in brace
- Supination and pronation exercises

Late phase (>6 weeks)

Goals

- Restore elbow range of movement
- Restore elbow strength
- Restore elbow stability, proprioception and function

Rehabilitation

- Restore full passive and active elbow range of movement
- Begin biceps loading
- Begin triceps exercises
- Maintenance program for elbow range of movement, strength, proprioception and function

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
6 weeks	3 months	6 weeks	4 months



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