

DISTAL BICEPS TENDON REPAIR

THERAPIST INFORMATION

- Routine Biceps tendon repair involves reapposition of the tendon to the radial tuberosity either through bone tunnel or using bone anchors.
- It takes about 3 months for the tendon to heal, in this period it is essential to avoid heavy loading of the tendon.
- Rarely, in cases of late presentation a reconstruction using allograft may be necessary. Please refer to op note to confirm, the same protocol can be used but stage 2 and 3 are delayed by 2 weeks each.

AIMS OF PHYSIOTHERAPY

- Prevent secondary shoulder stiffness
- Regain Elbow ROM as soon as practicable.
- Restore biceps muscle strength.
- Return to sports

1st Phase: Weeks 1-2

Aims	Treatment Guidelines
Minimise pain & swelling	<ul style="list-style-type: none"> • Analgesia - usually codeine and Paracetamol should suffice • Do not remove the backslab or locked brace for the first 2 weeks
Protection of Repair	<ul style="list-style-type: none"> • Brace locked 90 degrees at rest
Maintain ROM other joints	<ul style="list-style-type: none"> • Active shoulder, wrist and hand exercises as tolerated.

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For more information and contact details, please visit www.drsarada.in

Function	<ul style="list-style-type: none"> • Use collar and cuff to rest the elbow between exercise sessions. • Ice application as required.
Other	<ul style="list-style-type: none"> • Consultant review and remove stitches at 2 weeks

2nd Phase: Weeks 2-4

Aims	Treatment Guidelines
Minimise pain & swelling	<ul style="list-style-type: none"> • Analgesia • Ice
Protection of Repair	<ul style="list-style-type: none"> • Brace can be unlocked after 2 weeks to allow 30-130 degree ROM • Active elbow extension, <u>but only passive flexion</u> allowed in this period. upto 25 repetitions 4-6 times a day. • Sling removed but continue brace (fully unlocked after 3 weeks)
Increase ROM	<ul style="list-style-type: none"> • Aim for full ROM by 6 weeks

3rd Phase: 4-6 weeks

Aims	Treatment Guidelines
Increase ROM	<ul style="list-style-type: none"> • Gradually increase range of movement to allow full passive flexion and extension locked to 20 degrees for 5th week. • Unlock the brace to allow full ROM after 5 weeks • Full pro-supination in pain free range
Increase muscle control	<ul style="list-style-type: none"> • Grip strengthening in neutral position • Shoulder strengthening
Proprioception	<ul style="list-style-type: none"> • Scar massaging

4th Phase: 6-12 weeks

Aims	Treatment Guidelines
Increase ROM	<ul style="list-style-type: none">• Remove brace and allow full range of movement• Passive elbow extension if needed
Increase muscle strength	<ul style="list-style-type: none">• Shoulder strengthening• Light elbow strengthening starting with 2lb weights, increasing by 2.5lb per week as tolerated

Return to Functional Activities

Following timelines are the earliest for these activities to be commenced. Of course the times are approximate and will vary with individuals.

- **Using computer** 2 weeks
- **Driving** 6-8 weeks
- **Gym** 8 weeks for light exercises, at least 12 weeks for strengthening
- **Swimming** Breaststroke – 10 - 12 weeks
Freestyle - after 3 months
- **Contact sports** 6 months onwards
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- **Return to work** Dependent upon the patient's occupation. Patient's in sedentary jobs may return at 4 weeks but heavy manual labour will need 12 weeks.