

**PROTOCOL FOR DISTAL BICEPS TENDON REPAIR
 (Endo button procedure)**

The time frame for introduction of active movement, restoring length to the muscle tendon unit and strengthening may be delayed by any of the following factors. In this case the therapist should take advice from the surgeon.

1. Delayed tendon repair
2. Tendon Reconstruction with graft interposition.
3. Excessive tension on the tendon repair
4. Surgeons assessment of the quality of the repair
5. Associated medical conditions that may delay the healing such as anabolic steroid use, diabetes, RA.

AIMS FOR THE PROTECTIVE PHASE - 0-6 WEEKS

- Protect the repair
- Prevent the negative effects of immobilisation
- Diminish pain and inflammation
- Regain full ROM preserving the integrity of the surgical repair

Inpatient

- Sling for 2 weeks - remove for axillary hygiene and exercising only.
- Wrist / Hand movements and gripping
- Active elbow flexion, extension, pronation and supination within comfort only. No stretching.
- Scapular setting and posture correction.
- Active shoulder flexion, abduction and external rotation with elbow flexed.
- Encourage the use of the hand in the sling for light activities only.

Out patient

2 - 6 weeks post op

- Wean off the sling
- Educate the patient with regards to the reason for functional restrictions as imposed by rehabilitation guidelines. i.e healing
- Manual therapy / soft tissue mobilisation if any joint restrictions. No firm end range stretches.

AIMS FOR THE REHABILITATION PHASE - 6-12 WEEKS

- Ensure full active ROM into combined positions.
- Restore power, strength and endurance.
- Function specific end range stability of shoulder and elbow
- Optimise function specific strength, power and endurance
- Return to full work / sport and recreational activities at 12 weeks.

6 - 12 weeks post op

- Stretches into full elbow extension and combined positions, e.g. extension with pronation.
- Commence low resistance, concentric and eccentric strengthening of elbow flexion and supination. Increase resistance as pain allows (< 2 kg initially). Gradually increase resistance aiming for 90% of flexion / supination strength in comparison with unaffected side at 12 weeks
- Rotator cuff strengthening low resistance. (yellow or red theraband work)
- Function specific strengthening and endurance exercises. Use PNF patterns for strengthening into combined positions

Expected outcomes

Activity	Weeks
Driving	From 4 - 6 weeks
Swimming (excluding freestyle)	As wound healing allows
Throwing/ catching/ racquet sports	From 6 - 12 weeks
Cycling	From 6 - 12 weeks
Work - Sedentary Manual	From 2 weeks From 6 - 12 weeks

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