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DISTAL BICEP TENDON REPAIR SINGLE INCISION ENDO-BUTTON TECHNIQUE REHABILITATION PROTOCOL

Week 1 - 2

- Remove surgical dressing and apply edema control (Kerlix or ace bandage).
- Fabricate a posterior elbow splint, which blocks extension at 30°.
- Begin A/P flexion and active extension as well as A/P pronation and supination in the splint 8 times per day.

Week 3

- Begin scar massage.
- Elastomer used on scar as needed.

Week 6

- Discontinue the extension block splint
- Passive extension to the elbow is initiated 8 times per day.
- Static progressive or dynamic extension splinting is permitted as needed.

Week 9-10

- Progressive strengthening is begun with theratubing and/or weights to the elbow, forearm and wrist.

Week 12

- Full use is permitted.

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