

## **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.