

Distal Biceps Repair with Endobutton and Allograft

Rehabilitation	
On Discharge	<ul style="list-style-type: none"> • Sling for 6 weeks • Active elbow flexion/extension within limits of sling • Full Pro and Supination • Full shoulder movements with elbow in flexion • Postural and scapular education
2 -6 Weeks	<ul style="list-style-type: none"> • Scar management advice • Slowly increase elbow extension, within safe zones • NO passive exercise or stretches • Kinetic chain rehab (not loading operated limb). • Isometric Anconeus exercises
6-12 Weeks	<ul style="list-style-type: none"> • Discard sling • Full AROM exercises - no load • Kinetic chain rehab (not loading operated limb).
12-24 Weeks	<ul style="list-style-type: none"> • Graduated strengthening throughout full kinetic chain.

Sling	Don Joy Aircast for 6 weeks
Physiotherapy Follow Up	Within 2 weeks of surgery

Milestones	
Full AROM	8-10 weeks
Driving	To be D/W consultant
Light/Sedentary Work	12 Weeks D/W consultant
Heavy/Manual Work	6 Months D/W consultant
Sport	To be D/W consultant

Patient specific instructions
Safe Zone: