

Distal Biceps Repair (Endobutton) of the Elbow

Rehabilitation	
On Discharge	<ul style="list-style-type: none"> • Sling for 2 weeks • Active elbow flexion/extension within the 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 • Active ROM in all directions • Slowly increase elbow extension • No passive exercise or stretches • Kinetic chain rehab' • Isometric anconeus exercises
6-12 Weeks	<ul style="list-style-type: none"> • Full AROM exercises using load of limb • Kinetic chain rehab'
12 + Weeks	<ul style="list-style-type: none"> • Strengthening throughout full kinetic chain • Plyometric rehab'

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

Milestones	
Full AROM	6 weeks
Driving	6 weeks
Light/Sedentary Work	6-8 Weeks* D/W consultant
Heavy/Manual Work	12 weeks* D/W consultant
Sport	Swimming -8-12 weeks Golf 8 weeks Contact or high impact 12+weeks

Patient specific instructions