

REHABILITATION GUIDELINES
DISTAL BICEPS TENDON REPAIR (ENDO BUTTON TECHNIQUE)

DOS:

Patient will be in sling directly after surgery.

Soft dressing can be removed between 4 and 7 days.

Begin Date: _____

Leave Steri-strips in place.

50-70% of patients will have a neuropraxia of the lateral anterior branch of the cutaneous nerve (LABCN) or Radial Sensory Nerve (RSN) that is usually temporary

1st 2 weeks, Begin Date: _____

- Wear sling PRN for 2 weeks
- No resisted elbow flexion or gripping
- Work elbow flexion and extension with arm supinated
- Work forearm supination and pronation with elbow flexed to 90 Degrees
- Avoid combined elbow extension and forearm pronation

6-8 weeks, Begin Date: _____

Gentle resistance okay; work into combined elbow extension with forearm pronation

12 weeks (3 months), Begin Date: _____

Formal strength training can resume