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## Distal Biceps Tendon Repair

1. After the surgery the elbow is locked in flexion in the brace
2. The elbow should be iced  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  hour off and elevated the first several days after surgery
3. Pain medication is prescribed. No NSAID's (advil, aleve, motrin, etc.) should be taken the first 8 weeks after surgery as it may slow the healing process except for the first two days after surgery if needed for pain.
4. Pain medication may be constipating. Senokot may be taken to prevent or help with constipation.
5. Range of motion exercises are started after the first post operative visit. This is done by removing the brace and using the OTHER HAND to rotate the forearm by turning the palm up and down. Flexion and extension is done also by using the OTHER HAND to move the elbow out straight and then bend the elbow. This should be done 3-5 times/day for about 2-3 minutes and then the elbow needs to be locked back in the brace.
6. Showering is usually allowed after the first post-operative visit. Except when showering and doing exercises the brace needs to be worn at all times locked in flexion.
7. The brace is used for the first 4 weeks after surgery.
8. After 4 weeks the brace may be removed. From 4-8 weeks there is no lifting using the operative arm.
9. At 8 weeks from surgery strengthening exercises are to be started. This starts with a 2 lb weight doing biceps curls doing 4 sets of 15-20 repetitions 3 times per week. The first month of strengthening progression should be from 2lbs to 10 lbs

**Please Take:** Vitamin C 500mg 3x/day for 4 weeks & Vitamin D 50mcg/day for 4 weeks