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# DR BOB JANG

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Orthopaedic Surgeon

Patient Name: \_\_\_\_\_

## DISTAL BICEPS REPAIR

### General Information

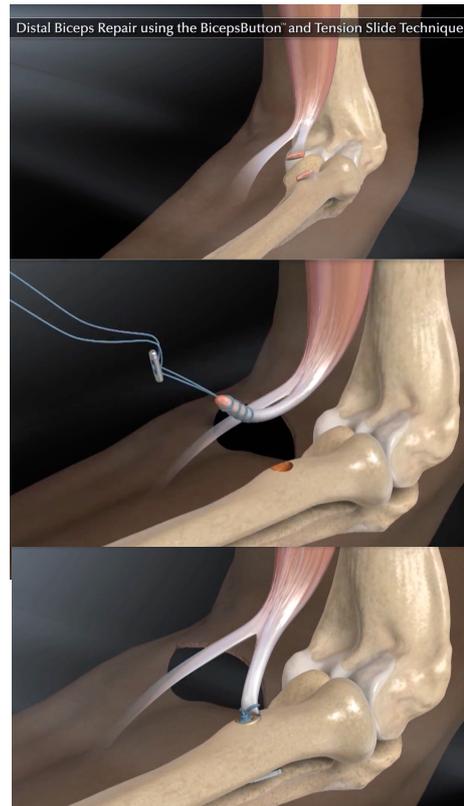
**Wound Care:** Keep your elbow and wounds clean and dry. Leave the dressings intact, unless they become soaked through with blood or fluid in which case they may be changed. When showering, cover the arm with a garbage bag taped above the dressings. Do not scrub the wounds. Your stitches should be removed 1 to 2 weeks after surgery.

**Pain medication:** Everybody has variable amounts of pain after surgery. It is normal to have pain for the first few weeks after surgery or injury. It is best to take regular pain medication like Panadol, and use something stronger (like Endone) only for “break-through” pain or just before exercises.

**Driving:** You can try driving short distances once you are off all of the strong (narcotic) pain medication. If you would like to try driving a power steering automatic (no manuals) then first take off your sling and get into the car. During the process of driving, you still need to keep movement of the operated arm to a minimum. See if you can manage the indicator, steering wheel etc, and if you feel you can, then try driving around the block once to make sure you will be able to manage the car. If you feel capable, then you can start driving short distances for convenience (up to 30 minutes per trip, 2-3 times per day). Avoid driving too much as you will find it too painful. If you don't feel capable driving, then you can try again a few weeks later.

**Swelling Control:** Keep you hand and elbow elevated whenever possible. This can be achieved by resting the arm on a pillow when sleeping, or by using a sling when walking around. You must also complete the exercises on the following pages to help limit swelling.

**Exercises after Surgery:** Listed on the following page are a group of exercises that you are to perform over the next 6 weeks. If you are going to see a physiotherapist, then you should take this handout to the physio so that they follow my instructions. These exercises are important to minimize the amount of stiffness you will experience after your surgery / injury.



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## Exercises after a Distal Biceps Repair

### Range of Motion Program

- All exercises to be done 4 times per day
- Perform each movement 10 times during each session.
- Hold each stretch for a count of 10 seconds
- Each time you perform your exercises try to increase the range of motion within the limits stated.
- Use pain as your guide. You should feel some discomfort with each stretch, however, it should not be severe pain.
- These exercises are important to prevent the development of a stiff upper limb.

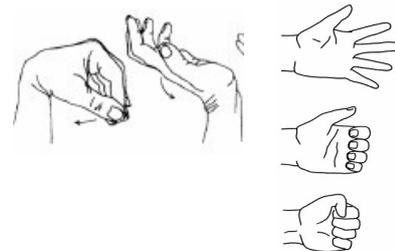
### Sling: 6 weeks

Wear the sling at all times when walking around. You can have it off when going into the shower or getting dressed, and when sleeping at night or doing exercises.

### Weeks 0 to 6

**A. Hand & Wrist Exercises-** Begin these exercises now  
Open and close your hand by making a fist then straightening out your fingers.

Bend your wrist back and forth as if knocking on a door (keep arm at side).



**B. Shoulder Exercises-** Begin these exercises now

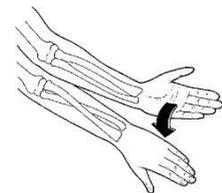
- Pendular Exercises:
  - Bend at the waist.
  - Let the arm hang down with the force of gravity (keep elbow bent)
  - Move the arm in gentle circles as though you were stirring a pot.
- Assisted Forward Elevation:
  - Raise your arm forward above your head as far as possible. You may use the other arm to help get your arm up.

### Week 2

Follow up Dr Jang for a wound review at 2 weeks. Your sutures are buried and dissolvable. You will be able to leave the wound uncovered and commence showering directly onto the scar.

### C. Elbow Exercises

- **Forearm Twisting (Supination / Pronation) 2 weeks**
  - With your elbow at your side and bent at a right angle, turn the palm up and then palm down as much as you can. You can use the other arm to help if needed.



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## Weeks 4-6

You may start to now bend your elbow.

- **Elbow Bending and Straightening (Flexion / Extension) 4 weeks**
  - Bend and straighten your elbow. You can use the other arm to help if needed. Attempt to achieve as much range as possible.



## Week 6

Follow up Dr Jang for a clinical assessment to check your tendon healing and elbow range of motion

## Weeks 6-12

Start gradual strengthening. Strictly no heavy lifting beyond 5kg. The tendon healing to bone generally take 3months to reach 80-85% strength. This is the period to see your physiotherapist and gradually build up muscle bulk and proprioception.

## Week 12

Final assessment with Dr Jang with plan to continue with your physiotherapist until you're fully recovered. Return to see Dr Jang if any concerns.

## Weeks 12-16

Continue strengthening with a plan to gradually return to normal work duties. Biceps isometric exercises. Aim to commence light biceps isotonic exercises from week 16.

## Weeks 16+

Criteria for return to activity include full and painless range of motion, strength within 10% of the contralateral upper extremity (which you can get assessed with your physiotherapist) and pain-free participation in activity-specific movement patterns.