



THE ARM DOC
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Rehabilitation Following a Distal Biceps Repair (Endobutton) of the Elbow

Rehabilitation	
On Discharge	<ul style="list-style-type: none"> • Sling for comfort • Active elbow flexion/extension as comfort allows • Full Pro and Supination • Full shoulder movements as comfort allows • Postural and scapular education
2 Weeks Aims: <ul style="list-style-type: none"> ✓ Regain ROM ✓ Protect repair 	<ul style="list-style-type: none"> • Slowly increase elbow extension • No passive exercise or stretches • Kinetic chain rehab' • Full AROM exercises using load of limb • Advice and education regarding importance of correct rehab', milestones and returning to gym activities
6 Weeks Aims: <ul style="list-style-type: none"> ✓ Protect repair ✓ Regain strength – starting proximally 	<ul style="list-style-type: none"> • Kinetic chain rehab' • Graduated strengthening programme, involving whole Upper limb/kinetic chain – starting with proximal Strength • Specific biceps training should follow general upper limb strengthening
12 + Weeks Aims: <ul style="list-style-type: none"> ✓ Return to sport/full function/occupation 	<ul style="list-style-type: none"> • Plyometric rehab' • Return to sport rehab' • Education regarding appropriate return to gym training

Sling	Don Joy Aircast for comfort only
Physiotherapy Follow Up	Within 2 weeks PO

Milestones	
Full AROM	3 weeks
Driving	6 weeks
Light/Sedentary Work	Office based work 4 weeks 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

