

Date: YYYY/MM/DD
Patient: _____
OHIP#: _____
DOB: _____
MRN: _____

Procedure: Distal biceps repair

Rx:

Day 1-10: Sling. Take out of sling 3-4 times per day and allow gravity to straighten arm. You may gently roll wrist so that the hand is facing up. This will be painful. Do not use pressure, just allow the wrist to roll as much as it allows. You may roll wrist palm down as much as you would like. You should have 2/3 of your PRONATION (palm down) by 2 weeks post op.

Day 10 – 6 weeks: You may come out of the sling at home, but wear it in public. This gives people warning that they won't bump into you, etc. You may passively bend your arm (flexion) and actively straighten your arm (extension), but this should be very gentle. You may stretch the arm into extension with fingertip pressure only. Pronate actively and supinate passively only. There should be **no active stretching or strengthening for 6 weeks.**

6 weeks – 3 months: May begin Active, Active Assisted (AA) ROM of the arm with gentle strengthening (1-3 pounds). This may gradually increase by UP TO 5 pounds per week as tolerated.

3 months: May begin full capacity strengthening and activities. No limitations, unless otherwise noted by your surgeon.

Best regards,



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SHOULDER AND ELBOW

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