



ORLANDO HAND SURGERY ASSOCIATES
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Biceps Tendon Repair

10-14 days: The postoperative dressing is removed and sutures are removed. A light dressing and edema control are applied as needed.

Splint: A removable posterior mold at 90 degrees of flexion and neutral rotation is fabricated. Edema control is maintained

- If patient has a chronic tear or it is a revision, will immobilize in long arm cast for 4-6 weeks at 90 degrees

Motion: Initiate AROM for extension and pronation but PROM for flexion and supination x 6 weeks

6 weeks:

Splint: Discontinue splint. Consider dynamic splinting if motion limited

8 weeks:

Motion: Continue as above, but may begin loading and strengthening. Gentle progressive strengthening of elbow and forearm.

10-12 weeks:

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks

A loss of active flexion can indicate loosening of repair, especially in first 6 weeks. Physician should be notified and both splint and terminal extension adjusted to 30 degrees.

Please call with questions or concerns at the phone number above.