

Jourdan M. Cancienne, M.D.
Sports Medicine
Shoulder, Hip, Knee Arthroscopy
Shoulder Replacement Surgery



**MIDWEST
ORTHOPAEDICS
AT RUSH**

Midwest Orthopaedics at Rush
Joliet Office
963 129th Infantry Dr. Joliet, IL 60435

Midwest Orthopaedics at Rush
Naperville Office
55 Shuman Blvd Suite 700. Naperville,
IL 60563



Liesl Giermann, Secretary
708-492-5964

DISCHARGE INSTRUCTIONS & PHYSICAL THERAPY PROTOCOL: Distal Biceps Tendon Repair

- ❖ Initial recovery after elbow surgery entails healing, controlling swelling and discomfort. The following instructions are intended as a guide to help you achieve these goals until your 1st postoperative visit.
- ❖ **COMFORT**

 - **Maintain your splint and sling at all times during the first 2 weeks**
 - **You may ice as needed for pain/inflammation control**
 - **Medication**
 - **Pain Medication-** Take medications as prescribed, but only as often as necessary. Avoid alcohol and driving if you are taking pain medication.
 - Over the counter NSAIDs (Advil, Aleve, Ibuprofen) can be used for additional pain relief if needed.
 - **Driving** – Driving is NOT permitted as long as the sling is necessary.

- ❖ **ACTIVITIES**
 - You are immobilized with a splint with a sling full time, for approximately the first 2 weeks. Your splint will be removed at your 1st postoperative visit around 2 weeks post operatively. The sling may be removed for discomfort or when resting the arm on a pillow. Maintain the elbow at 90 degrees of flexion in the splint.
 - **Range-of-Motion Exercises**
 - While your sling is off you should flex and extend your fingers – (3x a day for 15 repetitions) to avoid elbow stiffness
 - You can also shrug your shoulders.
 - You should not attempt to move the elbow while immobilized in the splint

Jourdan M. Cancienne, M.D.
Sports Medicine
Shoulder, Hip, Knee Arthroscopy
Shoulder Replacement Surgery



**MIDWEST
ORTHOPAEDICS
AT RUSH**

Midwest Orthopaedics at Rush
Joliet Office
963 129th Infantry Dr. Joliet, IL 60435

Midwest Orthopaedics at Rush
Naperville Office
55 Shuman Blvd Suite 700. Naperville,
IL 60563



Liesl Giermann, Secretary
708-492-5964

-
- Physical therapy will begin approximately 2 weeks after surgery after the splint is removed. Make an appointment with a therapist of your choice for this period of time. You have been given a prescription and instructions for therapy. Please take these with you to your first therapy visit.
 - Athletic activities such as throwing, lifting, swimming, bicycling, jogging, running, and stop-and-go sports should be avoided until cleared by Dr. Cancienne.

❖ WOUND CARE

- **Bathing** - Tub bathing, swimming, and soaking of the elbow **should be avoided** until allowed by your doctor - Usually 2-3 weeks after your surgery. Keep the dressing on, clean and dry for the first 3 days after surgery.
 - You may shower 3 days after surgery with a water proof bandage over the splint.
Do not get the splint wet.
-

❖ EATING

- Your first few meals, after surgery, should include light, easily digestible foods and plenty of liquids, since some people experience slight nausea as a temporary reaction to anesthesia

❖ CALL YOUR PHYSICIAN IF:

- Pain in your elbow persists or worsens in the first few days after surgery.
- Excessive redness or drainage of cloudy or bloody material from the wounds (Clear red tinted fluid and some mild drainage should be expected). Drainage of any kind 5 days after surgery should be reported to the doctor.
- You have a temperature elevation greater than 101°
- You have pain, swelling or redness in your arm or hand.
- You have numbness or weakness in your arm or hand.

❖ RETURN TO THE OFFICE

- Your first return to our office should be 2 weeks after your surgery. You can find your appointment for this first post-operative visit in the post op instruction folder.

Jourdan M. Cancienne, M.D.
Sports Medicine
Shoulder, Hip, Knee Arthroscopy
Shoulder Replacement Surgery



**MIDWEST
ORTHOPAEDICS
AT RUSH**

Midwest Orthopaedics at Rush
Joliet Office
963 129th Infantry Dr. Joliet, IL 60435

Midwest Orthopaedics at Rush
Naperville Office
55 Shuman Blvd Suite 700. Naperville,
IL 60563



Liesl Giermann, Secretary
708-492-5964

Distal Biceps Tendon Repair

NOTE: The following instructions are intended for your physical therapist and should be brought to your first physical therapy visit.

- ❖ **0-First Post-Op Visit:** Sling and Splint all times
- ❖ **2-6 Weeks:**
 - Please make patient removable extension block splint at 45°
 - Begin Active Assist ROM. Initially Limit Extension to 45°, Advance to full extension by 6 weeks.
 - Splint all times other than exercises
 - Wrist/Shoulder ROM exercises
- ❖ **6-9 Weeks:**
 - May D/C elbow Splint
 - Continue Passive/Active Assist ROM Elbow
 - Begin Biceps Isometrics
 - Begin Cuff/Deltoid Isometrics
 - Maintain Wrist/Shoulder ROM
- ❖ **9-12 Weeks:**
 - Begin Active Elbow Flexion against gravity
 - Maintain ROM Elbow/Wrist/Shoulder
 - Advance to resistive Strengthening Deltoid/Rotator Cuff
- ❖ **Week 12 – 6 months:**
 - Begin Gradual elbow flexion strengthening and advance as tolerated.