DISTAL BICEPS REPAIR

NEWCASTLE SHOULDER ELBOW & HAND SURGERY

FIRST 6 WEEKS: Range of Motion with Restricted Elbow Extension to _____ degrees

FULL PASSIVE FLEXION

Completely RELAX your operated arm throughout this exercise. Bend your elbow by bringing your hand towards your face using the strength of your other arm.

LIMITED PASSIVE EXTENSION

Completely RELAX your operated arm throughout this exercise. Straighten your elbow by taking your hand away from your face using the strength of your other arm. Only take it as far as instructed.

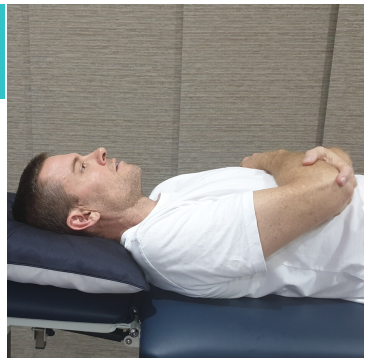
PASSIVE SUPINATION / PRONATION

Completely RELAX your operated arm throughout this exercise. With your arm in the position shown, rotate your forearm (palm towards face, then palm away from face) using the strength of your other arm.

FROM THE 2-3 WEEK MARK

ASSISTED FLEXION IN LYING (CRADLE ARM)

Lie on your bed & cradle your operated arm as shown. Assist the lifting of your operated arm to mobilise your shoulder. You can take as far as what is comfortable.



If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP.

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DISTAL BICEPS REPAIR

FROM 6 WEEKS: Remove Sling & Progress Range

NEWCASTLE SHOULDER ELBOW & HAND SURGERY

ASSISTED SUPINATION / PRONATION

Assist the rotation of your forearm through its full range (palm down, palm up). Do this exercise with different amounts of elbow bend. As the weeks progress, your elbow should get gradually straighter.

SPONTANEOUS ELBOW STRAIGHTENING

If your elbow is stiff into straightening, don't panic. By not wearing the sling now and letting your arm relax by your side, it will gradually straighten. If sitting for prolonged periods, let it periodically hang as shown.

FROM THE 12 WEEK MARK: Strengthening

THE BELOW 'DAY' INDICATORS ARE COUNTED FROM YOUR 12 WEEK POST-OP DATE

DAY 1-7: 500g active bicep curl, 7 repetitions, 2 times / day.

DAY 8: 500g active bicep curl, 8 repetitions, 2 times / day.

DAY 9: 500g active bicep curl, 9 repetitions, 2 times / day.

CONTINUE TO INCREASE YOUR REPETITIONS BY 1 PER DAY UP TO 14 DAYS

DAY 14: 500g active bicep curl, 14 repetitions, 2 times / day.

IF YOU'VE EXPERIENCED NO PAIN, PROCEED (if pain, contact physio).

Start Pronation / Supination strengthening with a hammer.

DAY 15: 750g active bicep curl, 7 repetitions, 2 times / day.

DAY 16: 750g active bicep curl, 8 repetitions, 2 times / day.

CONTINUE TO INCREASE YOUR REPETITIONS BY 1 PER DAY UP TO 22 DAYS

DAY 22: 750g active bicep curl, 14 repetitions, 2 times / day.

NOW PROGRESS AS SYMPTOMS ALLOW.

Your aim at the 18 week mark is to be bicep curling approximately 4kg.

Your aim at the 6 month mark is to be bicep curling approximately 5kg.

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