

Elbow Exercises for Biceps Tendon Repair

The **Biceps muscle** runs along the front of your arm from your shoulder to your elbow and bends your elbow.

Your biceps was repaired during surgery so you **must not use this muscle to bend your elbow until your surgeon says you can.**

Wear the splint or sling provided by your Surgeon or Occupational Therapist **24 hours a day. Remove it only for your exercises. Do not stop wearing the splint/sling until your surgeon says you can.**

Only do the exercises in this handout and **do them as shown.** Your physiotherapist will teach you how. Do all exercises **5 times a day.** Perform them slowly and steadily. **Do not bounce.**



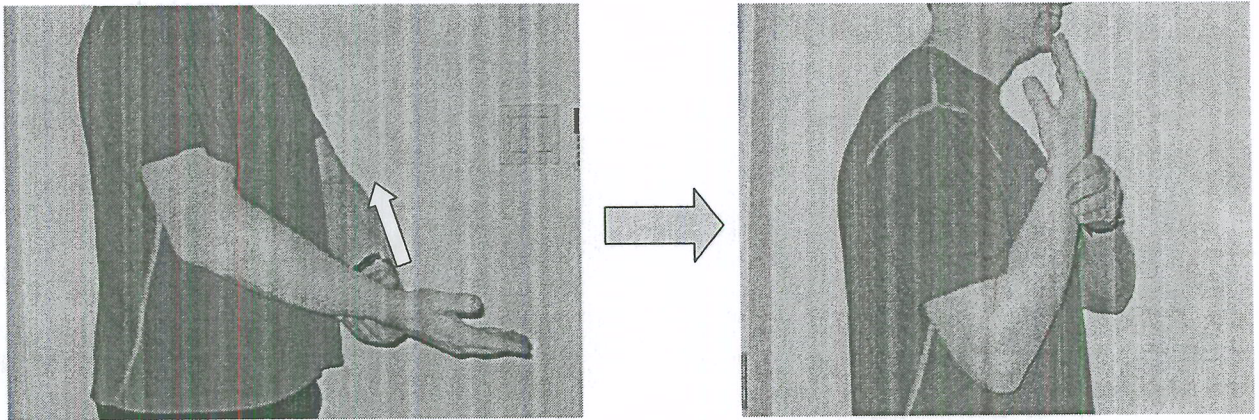
Any questions, contact your physiotherapist.....at 604 806 8744

The information in this document is intended solely for the person to whom it was given by the health care team.

1. Elbow Flexion / Extension

Hold your operated arm at the wrist with your 'good' hand. Start with your operated elbow bent at _____ degrees and your palm facing up. Your elbow must never fully straighten as this will stretch the repaired tendon.

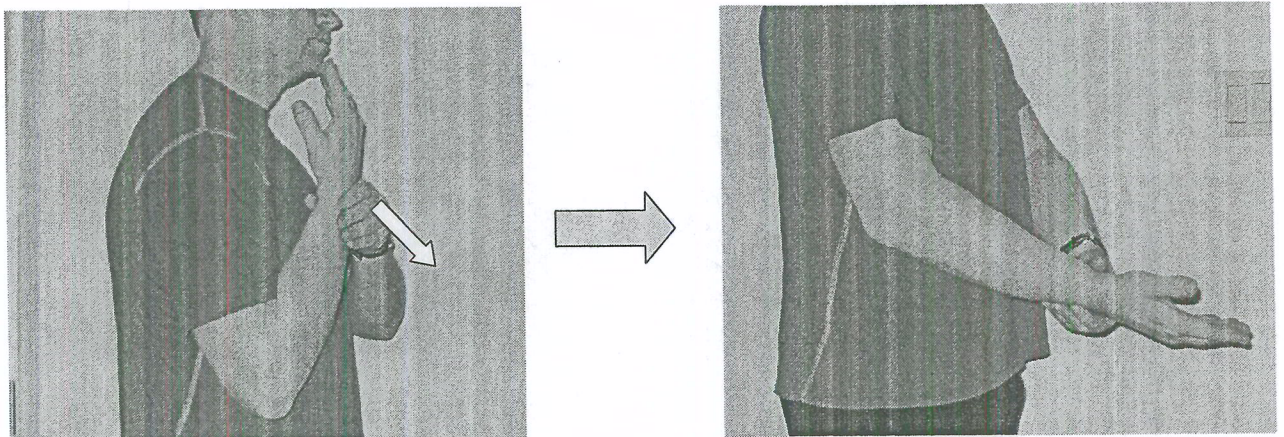
Do not move your shoulder and keep your elbow tucked into your side. Use your 'good' hand to bend your operated elbow fully. Your palm must be facing up as shown. Your 'good' arm does all of the work. The muscles of your operated arm must remain relaxed and limp.



Hold elbow bent for **15 seconds**.

Now use your 'good' hand to lower your operated arm back to the starting position of _____ degrees of bend. Remember your palm **must** stay facing up.

Repeat **10 times**.

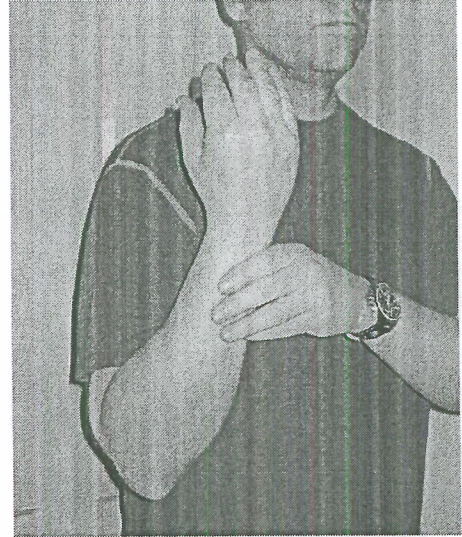


2. Elbow Supination / Pronation

Keep the **palm of your operated hand facing up**. Use your 'good' hand to bend your operated arm up as much as possible.

Keep your elbow bent. Now use your 'good' hand to gently rotate your forearm further round, palm facing up.

Hold for **15 seconds**.



Keep your elbow bent. Now use your 'good' hand to gently rotate your forearm until the palm faces down.

Hold for **15 seconds**.

Remember your 'good' arm does all the work. The muscles of your operated arm **must** remain relaxed and limp.

Repeat **10 times**.



THINGS TO REMEMBER

DO NOT

- Do not place any weight through your operated arm i.e. don't lean on it **until your surgeon says you can.**
- Do not lift anything with this arm until **until your surgeon says you can.**
- Do not actively bend your elbow. Only do the exercises in this handout **until your surgeon tells you otherwise.**

DO

- The exercises to keep the movement gained in the operating room and prevent your elbow from stiffening.
- Keep your arm elevated 6 inches above your heart when you are resting. Rest your arm on 2 big pillows.
- Place an ice bag on your elbow. This will help decrease the inflammation, swelling and pain making it easier for you to move.
 - ✓ Do not ice if you are sensitive to cold or lack sensation over the affected area
 - ✓ Do not ice before your exercises as this can limit the gains made during your exercise session
 - ✓ To apply the ice use a gel pack, bag of peas or simple ice bag. Place a cloth between your skin and the ice to prevent an ice burn. Apply the ice for 10 minutes 'on', followed by 10 minutes 'off', and then 10 more minutes 'on'. This cycle can then be repeated again in 40-60 minutes. (Remember, if using a bag of peas mark the bag 'Do Not Eat'. Eating a bag of peas that has been repeatedly thawed and frozen can lead to serious illness. Throw the bag out once you are finished with it)
- Pump your hand – gently make a fist and then straighten your fingers frequently throughout the day to keep the blood circulating.
- Do the 'six-pack' exercises (attached).