
RESEARCH PROGRAM

Research Project Details	
Title	Early Functional Return to Work Following Distal Biceps Repair
Investigator(s)	Dr. Lauren Beaupre, Dr. Robert Chan, and Dr. David Sheps, University of Alberta
Funding Period	July 2015 – June 2019
Budget	\$25,000
Issue/Rationale	Currently there is no consensus regarding post-operative immobilization protocols following surgical repair of a distal biceps tendon rupture, and there is little evidence available regarding timeframe for early return to functional activity. The primary study goal is to determine the effect of immobilization compared to unrestricted mobility post distal biceps tear repair on early functional return to activities.
Objective(s)	<ul style="list-style-type: none">• To compare time to return to work (modified and pre-injury levels) and clinical outcomes between patients who are immobilized and those who have unrestricted movement following DBTR.• To assess incidence (if any) of pre-rupture between groups during the follow-up period.• To assess self-reported functional quality of life between groups during the follow-up period.• To assess clinical outcomes of strength and range of motion between groups during the follow-up period.
Anticipated Results/ Impact	This trial will determine if patients who undergo surgical repair of a distal biceps tendon rupture can mobilize immediately postoperatively, and thus expedite return to work. Currently there is heterogeneity among orthopedic surgeons' practice that results in varying times for workers to be off work. This trial will allow care to be standardized across Alberta and allow more consistent evaluation of expected times with disability following distal biceps tendon repair.
Keywords	functional quality of life, distal biceps tendon rupture, return to work, immobilization