

# Distal Biceps Tendon Repair

## Pre Op Information For Patients Following Surgery

**I have had my biceps tendon repaired and my surgeon has told me to see a Hand Therapist.**

### **Why do I need Hand Therapy?**

A Hand Therapist is an Occupational Therapist or a Physiotherapist who has developed specific skills in the assessment and treatment of hand and upper limb injuries. Our Hand Therapists have extensive training and experience in treating patients following hand and upper limb surgery. Your Hand Therapist will work alongside your Surgeon and Nurse to monitor your recovery and provide specialist advice and treatment to ensure you get the best possible results from your surgery.

For more information about Hand Therapy at Cairns Hand Clinic please visit our website [www.cairnshandclinic.com.au](http://www.cairnshandclinic.com.au)

### **When should I start Hand Therapy?**

Your Specialist will provide instructions to your Hand Therapist to commence treatment within a particular time frame. Treatment typically commences within the first week after surgery.

### **What happens at the first Hand Therapy visit?**

Your Hand Therapist will change your bandages / dressings as needed and fit you with a protective splint, brace or sling as per your Specialist's advice. Your Hand Therapist will also provide you with a home exercise program and practice these exercises with you in the Hand Clinic. You will also receive important information about what you can and can not do with your hand / arm following your operation.

### **How often do I need to attend Hand Therapy?**

Your first Hand Therapy appointment will be between 2-7 days post op. Follow up Hand Therapy visits are required on a fortnightly basis between 2- 10 weeks post op.

It is important to have regular reviews with your Hand Therapist to ensure

- (i) Your splint / brace is adjusted to gradually allow more motion of your elbow & forearm,
- (ii) Your home exercise program is progressed to allow greater movement,
- (iii) You receive suitable strengthening exercises at the right time
- (iv) You receive advice about what you can / can not do with your arm at each stage of your recovery.

Please note: you may require more or less Hand Therapy depending upon your particular needs.



## How much does Hand Therapy cost?

There are **no out of pocket costs** for patients with a Worker's Compensation Claim, Compulsory Third Party Insurance Claim or Department of Veteran's Affairs Card Holders.

If you are a private patient you can expect the following charges. Please allow 45-60 minutes for your first visit following your operation and 30 minutes for follow up visits thereafter.

<u>THERAPY FEES</u>		
	Hand Therapy 10 -15 mins	\$40
	Hand Therapy 15 - 30 mins	\$84
	Hand Therapy 30 - 60 mins	\$112
	Hand Dressing & Bandage Pack	\$9.50

Your Specialist will instruct your treating Hand Therapist to fit either a hinged elbow brace, a custom made thermoplastic splint or an arm sling. You can expect the following charges for these products -

<u>EXTRAS</u>		
	Hinged Elbow Brace	\$208 - 233
	Custom Made Splint	\$90
	Arm Sling	\$13.80



(a) Hinged Elbow Brace



(b) Custom Made Thermoplastic Splint

### Patients with Private Health Insurance

If you have ancillary cover for Occupational Therapy or Physiotherapy you may be eligible for a rebate on our consultation fees (listed below). We can facilitate on-the-spot claims for your private health insurance rebate with HICAPS

### Patients with Medicare Funding under the Enhanced Primary Care Program

If you are eligible for the Enhanced Primary Care program, you will receive a **\$52.95** rebate for up to **5 sessions** per year on our consultation fees with **no gap payment**. Out of pocket costs apply for an extra's such as splints and casts.

*If you have any more questions about Hand Therapy please call our team on  
4031 8878*