

Category	Category 3: Compensation, Disability Management and Return to Work
Years Funded:	July 2015 – June 2019
Budget:	\$25,000
Investigators:	Dr. Lauren Beaupre, Dr. David Sheps, and Dr. Robert Chan, University of Alberta
Funding Agency:	Workers' Compensation Board – Alberta
Title:	Early Functional Return to Work Following Distal Biceps Repair
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.
Objectives:	<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 the province of 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