



Distal Biceps Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 HEP daily	Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM	Splint 90° flexion at all times NO active supination	Gentle wrist and hand ROM Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 PT ~2-3x/ week HEP daily	Edema and pain control Protect surgical repair ROM 15 – 130°	Brace locked at 90° Remove for shower & exercises No active elbow flexion No active supination	Gradually increase elbow ROM: Week 2: 45-100° Week 4: 30-115° Week 6: 15-130° Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Gripping exercises Triceps isometrics (week 5)
Weeks 6-12 PT ~2-3x/ week HEP daily	Full ROM Protect surgical repair	Weeks 6-9: DC brace at 8 weeks No active elbow flexion Weeks 9-12: No brace No lifting objects >1lb	Weeks 6-9: Full elbow ROM Active extension, AA/P flexion Continue wrist, hand, shoulder ROM Begin cuff/ deltoid isometrics Weeks 9-12: Begin biceps isometrics Active flexion against gravity (week 9) Resistive strengthening cuff/ deltoid Upper body ergometry (week 10)
Weeks 12-24 PT ~1-2x/ week HEP daily	Improve strength	No brace	Weeks 12-16: ROM and strengthening exercises Elbow flexion resistive strengthening Weeks 16-24: Progressive strengthening as tolerated Plyometrics and sport specific exercises
Weeks 24+ HEP daily	Return to play Unrestricted activity	Return to sport (MD directed)	Maintain ROM and strength

Physician's Signature: _____

