

Post-operative Rehabilitation Protocol

Distal Biceps Repair

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 4-5 months after surgery - You will be wearing sling full time for minimum 4 weeks - Contact therapist or physician for questions or concerns 		
	Range of Motion	Brace	Exercises
Protection Phase <i>Weeks 0 - 2</i>	No Elbow ROM Okay for hand and finger ROM	Splint full time	<u>Ice</u> : 20 minutes on, 20 minutes off every hour
Therapy Phase 1 <i>Weeks 2 - 4</i>	PROM into flexion and supination IN BRACE, AAROM into extension and pronation	Brace: Gradually increase extension Wk 2: Locked 60° Wk 3: Locked 40°	<u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 4 - 6</i>	Add AAROM into flexion (not supination) IN BRACE Add grip exercises Pronation/supination always performed at 90° Flexion	Brace: Gradually increase extension Wk 4: Locked 30° Wk 5: Locked 20° Wk 6: Unlocked	<u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 3 <i>Weeks 6 - 12</i>	Progress Active ROM as tolerated	None	<u>Exercises</u> : Initiate gentle elbow and forearm strengthening; no lifting/carrying >5 lbs; no repetitive use
Therapy Phase 4 <i>Weeks 12-20</i>	Full pain-free ROM	None	<u>Exercises</u> : Begin gentle flexion strengthening, advance phase 3 activities