

PHYSICAL THERAPY PROTOCOL DISTAL BICEPS REPAIR

Weeks 1-2:

- Elbow brace worn at all times, locked in flexion degree determined at time of surgery
- OK for hand and finger ROM, typing/texting
- Absolutely no lifting or weight-bearing

Weeks 2-6:

- Elbow brace worn at all times, unlocked with extension block
 - Therapist to increase brace allowed extension 10-20° per week, reaching full extension at 6 weeks
 - At week 2: PROM for elbow flexion and supination; AAROM for elbow extension and pronation
 - At week 4: AAROM for elbow flexion and supination; AROM for elbow extension and pronation
- ** All pronation and supination at 90° of flexion**

Weeks 6-12:

- Elbow brace removed, begin AROM for flexion and supination
- Coffee cup/5lbs weight limit
- At week 10: begin gentle strengthening

Week 12+:

- Continue strengthening, sport/work conditioning
- Return to all daily activities
- At week 18-20: Return to sport or strenuous activity