

Distal Biceps Repair

Physical Therapy Post-op Protocol

Week 1

Primary goal: Allow incision healing

- Splint until first post-operative visit (7-10 days)
- Transition to brace limiting extension
- Elevate on pillows to heart level or above

Weeks 1-3

Primary goal: Initial light ROM, protect repair

- Brace set at 90 degrees.
 - Range of motion advanced by 10-15 degrees each week
- Brace may be removed for hygiene
- Active light extension (triceps activation) to extent that brace allows
- NO active elbow flexion/supination
- Gentle wrist and shoulder ROM
- Ball squeezes

Weeks 3-6

Primary goal: Full elbow ROM

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully straighten elbow)
- NO active elbow flexion/supination
- Continue shoulder, wrist ROM
- Stationary bike without resistance to handles

Weeks 6-9

Primary goal: Full elbow ROM, active flexion

- Wean out of brace
- Active full extension, active flexion, active supination
- Rotator cuff, deltoid, triceps isometrics
- May incorporate Blood Flow Restriction (BFR)

Weeks 9-12

Primary goal: Progress to resistance exercises

- Begin resistive isometrics, pain-free biceps, flexion, supination
- Incorporate Blood Flow Restriction (BFR)
- Continue shoulder strength and elbow extension
- Maintain flexibility

Weeks 12-16

Primary goal: Increase strength

- Advance strengthening, endurance, BFR
- Return to full activity 4-6 months