

Rehabilitation Protocol Chronic Distal Biceps Repair

Phase I: Early ROM (*0 to 6 weeks*)

- Splint remains in place for the first 10-14 days.
- Sutures will be removed by physician in 10-14 days.
- At 10-14 days transition to hinged elbow brace.
- Initiate ROM exercises 3- 5 times per day in hinged elbow brace:
 - PROM into flexion, extension, supination and pronation IN BRACE
 - Week 2: brace locked from 60 to full flexion
 - Week 3/4: brace locked from 40 to full flexion
 - Week 5: brace locked from 20 to full flexion
 - Week 6: brace unlocked full motion
 - Grip ROM and strengthening exercises
 - Full pro/supination allowed starting week 2 always at 90 degrees of flexion
- Notify physician if drainage from wound persists 10 days after surgery.

Phase II: Restore Function (*6-12 weeks*)

- Progress active and passive ROM as tolerated.
- Initiate gentle elbow and forearm strengthening.
 - No Lifting/carrying > than 5 lbs, no repetitive use

Phase III: Return to work (*>12 weeks*)

- Increase strength and endurance (work specific) training