



### Physical Therapy Protocol – Distal Biceps Repair

**Diagnosis:** R / L distal biceps repair

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks

**Weeks 0-2:**

- **Splint remains in place for the first 10-14 days following surgery**
- **Sling in place while in splint**

**Weeks 2-6:**

- **Brace:** hinged elbow brace provided at first postoperative visit and placed when splint is removed, splint all times other than PT, continue wrist/shoulder ROM exercise
  - o **Range of motion:** Limit extension to 45 degrees, advance to full extension by 6 weeks, ***Pronation/supination always performed at 90 degrees of flexion***
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

**Weeks 6-12:**

- **Discontinue brace**
- **Range of motion:** continue passive/active assist ROM elbow, begin biceps isometrics, begin rotator cuff/deltoid isometrics, maintain wrist/shoulder ROM
- **Exercises:** initiate gently elbow and forearm strengthening; no lifting/carrying > 5lbs, no repetitive use

**Weeks 12 – 6 Months:**

- Return to full range of motion, begin gentle strengthening, advance activities