

Distal Biceps Repair Rehab Protocol

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Standard Follow up visits: 2, 6 and 12 weeks.

Immediate Post Op Posterior Splint to remain on with no dressing change until the first post op visit.

Phase I: Week 2-4

Clinical Goals ♦ Elbow ROM from 0 to 120 of flexion ♦
Maintain minimal swelling and soft tissue healing ♦ Achieve full forearm supination/pronation

Exercises ♦ 6 times per day, 2 sets of 10 each time, the patient should range the elbow

- Extension as above to full flexion with active assistive flexion and active extension exercises
- With the arm at 90 degrees of flexion, forearm rotations, full. ♦
Ice after exercise, 3-5 times per day (♦ A sling should be worn at all times when not doing exercises for 4 weeks

Phase II: 5-8 Weeks

Clinical Goals ♦ Full elbow and forearm ROM by 6 weeks ♦
Scar management

Exercises ♦ Scar massage 3-4 times per day. ♦ Grip

strengthening at 5-6 weeks

Putty may be used 3 times per day for 10 minutes to improve grip strength. ♦ 6 times per day, 2 sets of 10 each time, the patient should range the elbow

- Extension to full flexion with active flexion (no weights) and active extension exercises
- With the arm at 90 degrees of flexion, forearm rotations, full.
- If not at full motion by 8 weeks therapist can be aggressive in regaining motion (♦ Ice after exercise, 3-5 times per day ♦ A sling should no longer be worn at week 5 (

□ **Phase III 8 weeks to 4 months** (

Clinical Goals ♦ Preserve full motion ♦ Regain Strength (

The strengthening program is gradually increased so that the patient is using full weights by 3 months. It may be as long as 6 months before a patient returns to heavy work. (