

Distal Biceps Repair Protocol

Dr. Murphy

*General Consideration

- Continually Monitor for Signs of Infection
- Hinged Elbow Brace x 6 weeks
- Read Operative Note – Follow specifics regarding ROM, if none, follow this protocol

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> • Check for signs and symptoms of infection • Encourage cryotherapy • Edema control • HEP = ice, elevation, fist pumps 	<ul style="list-style-type: none"> • Promote optimal healing of soft tissue
Phase I 1-2 weeks	<ul style="list-style-type: none"> • Brace on at all times • Brace locked at 90°, except for bathing and exercise program 	
Phase II 2-6 weeks	<ul style="list-style-type: none"> • Continue HEP • Open Brace 90-120° • PROM into flexion • Scar Tissue Massage • Initiate pronation/supination in pain free range • Hand AROM in neutral • Brace locked at 90°, except for bathing and exercise program 	<ul style="list-style-type: none"> • Extension 90° • Flexion to 120° • Full pronation and supination
Phase III 6-12 weeks	<ul style="list-style-type: none"> • Passive elbow extension if needed • Progress extension as tolerated • Shoulder TB resistance exercises • Scapular stabilization • Wrist/Hand Strengthening • Triceps Strengthening • All AROM to WFL 	<ul style="list-style-type: none"> • D/C Brace • All ROM to WFL
Phase IV 3-6 months	<ul style="list-style-type: none"> • Testing: Grip Strength, Elbow ROM • 12 weeks – Start Resisted Elbow Flexion • Strengthening PRE to wrist, elbow, forearm, shoulder prn to work on sport/work requirements • Patient seen in clinic only as needed 	<ul style="list-style-type: none"> • Increase weights to full by 3 months • May be 6 months for return to sport/heavy work related tasks