

## Distal Biceps Repair Protocol

### Dr. Erickson

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I (Day of surgery – 2 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions: Elbow remains in splint, No lifting with arm</li> <li>• No exercise during this time</li> </ul>	<ul style="list-style-type: none"> <li>• Protect the repair · No rehab appointments in the first two weeks</li> <li>• Progression Criteria: 2 weeks after surgery</li> </ul>
Phase II (2-4 weeks after surgery)	<ul style="list-style-type: none"> <li>• Initial range of motion determined by the tension of repair at the time of surgery</li> <li>• Surgeon will prescribe and document the extension block at the first post-op visit. Patient will be placed in hinged elbow brace.</li> <li>• Extension can be increased by 10 degrees per week assuming there are no symptomatic restrictions</li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ No weight bearing</li> <li>○ Work on passive and active ROM within limits as described above.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Begin to restore range of motion</li> <li>• Protect the repair</li> <li>• Progression criteria: 4 weeks after surgery</li> </ul>
Phase III (5-12 weeks after surgery)	<ul style="list-style-type: none"> <li>• Progress light isometrics to light isotonic exercises at 8 weeks if isometrics are pain free</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve full elbow motion</li> <li>• Begin gentle strengthening</li> <li>• Progression criteria: 12 weeks after surgery</li> </ul>