

Distal Biceps Repair Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m (optional)

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 6-week appointment (may start earlier if patient requested).

Restrictions:

- Splint:
 - You will be in a splint for 2 weeks: do not get your splint wet
- Motion restrictions:
 - For the first 6 weeks after surgery no ACTIVE flexion of your elbow
- Strengthening and weightlifting:
 - **No strengthening operative arm or lifting more than 1-2lbs until 12 weeks after surgery**

Weeks	Immobilization / Weight limit	Range of Motion	Exercises
0 – 2	* Splint (90 deg flexion) * No lifting with arm	None	Hand/wrist exercises to assist with edema/swelling
2 – 6	* Controlled motion elbow brace unlocked, set to 30 - 130 * < 2 lbs (phone, toothbrush, etc.)	* Full supination and pronation with elbow at 90 degrees * 30 – 130 degrees; active extension, PASSIVE flexion	* Continue hand/wrist exercises for edema control * Supination and pronation at 90 degrees * Begin active extension * Begin passive flexion * No ACTIVE flexion
6 – 12	* No brace * < 2 lbs (phone, toothbrush, etc.)	Progress to full range of motion	* Continue active extension * Start ACTIVE flexion
12+	* No brace * Progress weight limit to normal	Full, active motion	* Start elbow strengthening * Return to full activity

Adjustments to this protocol may be made based on patient progress at post-operative visits.