ORTHOPAEDIC MEDICAL GROUP OF TAMPA BAY

Distal Biceps Repair Protocol

Dr. Nick Sexton

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-2 weeks	Gentle passive/active-assisted ROM as tolerated. Avoid forceful extension	**Sling for comfort only**, discontinue as tolerated. **No brace.**	Hand/wrist/elbow ROM Gentle forearm pronation/supination. **No active elbow flexion or resisted supination. No lifting**
PHASE II 2-4 weeks	Progress toward **full elbow flexion and extension**. Progress pronation/supination toward full ROM.	No brace. Sling discontinued.	Begin active elbow ROM. Gentle biceps isometrics around **3-4 weeks. No resisted biceps curls or heavy supination. No lifting >1-2 lb.**
PHASE III 4-6 weeks	Full ROM	None	Progress biceps isometrics strengthening. Begin light resisted supination. **No eccentric biceps loading. Avoid heavy lifting.**
PHASE IV 6-8 weeks	Full	None	Progress biceps and forearm strengthening. Begin eccentric biceps work toward **8 weeks.** Progressive functional strengthening.
PHASE V 8-12 weeks	Full	None	Progressive strengthening. Advance eccentric and concentric biceps loading. Begin functional exercises.
PHASE VI 12+ weeks	Full	None	**No specific strengthening restrictions.** Gradually progress to unrestricted activities