

<p style="text-align: center;"><b>Distal Biceps Repair Physical Therapy Protocol</b></p>
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**Week 1      Primary goal: Allow incision healing**

- Splint until first post-operative visit (approximately 7 days)
- Transition to brace limiting extension
- Elevate on pillows to heart level or above

**Week 1-3    Primary goal: Initial light ROM, protect repair**

- Brace set at 45-90 degrees with neutral rotation (thumb pointing up)
  - Locked at 90 degrees when in public
  - Increase motion by 10 degrees each week
  - Goal to be 0-130 by week 6
- Brace may be removed for hygiene
- Active light extension (triceps activation) to extent that brace allows
- NO active elbow flexion/supination
- Gentle wrist and shoulder ROM
- Ball squeezes

**Weeks 3-6   Primary goal: Full elbow ROM**

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully straighten elbow)
- NO active elbow flexion/supination
- Continue shoulder, wrist ROM
- Stationary bike without resistance to handles

**Week 6-9 Primary goal: Full elbow ROM, active flexion**

- Wean out of brace
- Active full extension, active flexion, active supination
- Rotator cuff, deltoid, triceps isometrics
- May incorporate Blood Flow Restriction (BFR)

**Week 9-12 Primary goal: Progress to resistance exercises**

- Begin resistive isometrics, pain-free biceps, flexion, supination
- Incorporate Blood Flow Restriction (BFR)
- Continue shoulder strength and elbow extension
- Maintain flexibility

**Week 12-16 Primary goal: Increase strength**

- Advance strengthening, endurance, BFR
- Return to full activity 4-6 months