

Rehabilitation Protocol: Distal Biceps Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-1)

- Precautions
 - Non-weight bearing on repaired upper extremity
 - AVOID active elbow flexion and forearm supination until Week 4
 - NO LIFTING with repaired upper extremity until Week 8
- Brace
 - Initial immobilization: posterior elbow orthosis with elbow in 90 degrees flexion with forearm in 0 degrees of pronation/supination for 5-7 days (unless otherwise indicated by surgeon)
 - Hinged elbow brace: with brace set locked from 90 degrees of flexion to full flexion, initiate elbow flexion and forearm pronation/supination passive range of motion (PROM) at 5-7 days post-operative
- Interventions
 - Modalities to reduce post-operative edema and pain control
 - Grip strengthening with forearm/wrist in neutral position
 - Scar massage

Phase II (Weeks 2-6)

- Precautions: Non-weight bearing on repaired upper extremity
 - No lifting with repaired upper extremity
- Hinged Elbow Brace (set locked to allow restricted extension ROM)
 - 2nd week: 90 degrees to full flexion 3rd week: 45 degrees to full flexion
 - 4th week: 30 degrees to full flexion 5th week: 20 degrees to full flexion
 - 6th week: discharge hinged elbow brace
- Interventions
 - Swelling Management: Ice, compression, elevation

Phase III (Weeks 7-10)

Non-weight bearing to repaired upper extremity until Week 8

- Begin gradual weight bearing with elbow flexed at Week 8, progress to extended elbow by Week 10
- No lifting with repaired upper extremity until Week 8
- Interventions: Range of Motion, Scapulothoracic Strength/Endurance, Conditioning

Phase IV (Weeks 11-15)

- Progress shoulder strengthening program with light upper extremity weight training

Phase V (Months 4-6): Early Return to Sport

- Advanced Strengthening
 - Focus on the progression of sport-specific movements
 - Graded participation in practice, with full, pain-free practice prior to participation in competition

Comments:

Frequency: 2-3 times per week

Duration: 6 - 8 weeks

Signature: _____

Date: _____