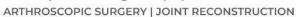
Rehabilitation Protocol:

Distal Biceps Repair

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Orthopedic Surgeon | Sports Medicine



Name:



Date: _

Diagnosis	S:	Date of Surgery:	
Phase I (W	Veeks 0-1)		
•	Precautions		
	0	Non-weight bearing on repaired upper extremity	
	0	AVOID active elbow flexion and forearm supination until Week 4	
	0	NO LIFTING with repaired upper extremity until Week 8	
	Brace		
	0	Initial immobilization: posterior elbow orthosis with elbow in 90 degrees flexion with forearm in 0 degrees of pronation/supination for 5-7 days (unless otherw	rise
		indicated by surgeon)	
	0	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 m	otic
		(PROM) at 5-7 days post-operative	
•	Intervention	ns	
	0	Modalities to reduce post-operative edema and pain control	
	0	Grip strengthening with forearm/wrist in neutral position	
	0	Scar massage	
Phase II (\	Weeks 2-6)		
•	Precautions:	s: Non-weight bearing on repaired upper extremity	
	0	No lifting with repaired upper extremity	
•	Hinged Elbo	ow Brace (set locked to allow restricted extension ROM)	
	0	2nd week: 90 degrees to full flexion 3rd week: 45 degrees to full flexion	
	0	4th week: 30 degrees to full flexion 5th week: 20 degrees to full flexion	
	0	6th week: discharge hinged elbow brace	
•	Intervention	ns	
	0	Swelling Management : Ice, compression, elevation	
Phase III ((Weeks 7-10)		
•	Non-weight	bearing to repaired upper extremity until Week 8	
•	Begin gradu	ual weight bearing with elbow flexed at Week 8, progress to extended elbow by Week 10	
•	No lifting wi	ith repaired upper extremity until Week 8	
•	Intervention	ns: Range of Motion, Scapulothoracic Strength/Endurance, Conditioning	
Phase III ((Weeks 11-15)		
•	Progress sho	oulder strengthening program with light upper extremity weight training	
Phase IV (Months 4-6): E	Early Return to Sport	
•	Advanced St	trengthening	
	0	Focus on progression of sport-specific movements	
	0	Graded participation in practice, with full, pain-free practice prior to participation in competition	
Comment	s:		
Frequency	y: 2-3 times per	er week Duration: 6 - 8 weeks	
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