

Distal Biceps Repair



Dr. Campbell

Phase I (weeks 1-2)

PRECAUTIONS

- Posterior splint at 90 degrees is to be left on for 14 days
- Do not begin active supination for 14 days

RANGE OF MOTION

- Light PROM only from 45 to 75 degrees (week 1)
- Light PROM only from 45 to 90 degrees (week 2)
- No active supination
- No passive pronation

EXERCISES

- Wrist and hand gripping exercises
- Shoulder Isometrics in Posterior Splint (ER, IR, Abd, Flex)

Phase II (weeks 3-6)

BRACE/SPLINT

- Elbow ROM brace

RANGE OF MOTION

- Begin passive and assisted active supination
- Progress to active supination as tolerated
 - Week 3 at 45 – 100 degrees
 - Week 4 at 30 – 115 degrees
 - Week 6 at 15 – 130 degrees

EXERCISES

- Shoulder exercises (rotator cuff)
- Scapular strengthening
- Wrist extensors / flexors
- Gripping exercises
- Week 5 – 6 isometric triceps exercises

Phase III (weeks 6-10)

BRACE/SPLINT

- Elbow ROM brace
 - Week 8 at 0 – 145 degrees

- Discontinue use of elbow brace at weeks 9-10

EXERCISES

Begin exercises at week 8

- Biceps isometrics weeks 8-10
- Isotonic wrist extensor / flexor
- Shoulder isotonic
 - Thrower's Ten Program

Phase IV (weeks 10-16)

EXERCISES

- Biceps isotonic (light) Week 10-12
- Continue flexibility exercises
- ROM / stretching exercises
- Week 10 – 12: more aggressive controlled exercises

Phase V (weeks 16-26)

EXERCISES

- Plyometrics

Phase VI (weeks 26 and beyond)

EXERCISES

- Return to activities (sport specific)

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

1717 WILL O WISP DR, STE 100
VIRGINIA BEACH, VA 23454
P 757.422.8476 | F 757.425.8476
ORTHOVIRGINIA.COM