

# 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 isotonics (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.*

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