

Distal Bicep Repair Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 1-4:

- » Elbow is immobilized in the brace at 70-75 degrees flexion with wrist free
- » Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

Weeks 4-6:

- » Brace adjusted to 30 degrees extension, may begin active assisted flexion to 90 degrees in brace

Weeks 6-8:

- » Shoulder and elbow ROM, PROM → AAROM → AROM, advance as tolerated
- » Begin muscle strengthening exercises for wrist and forearm
- » At 6 weeks begin isometrics for biceps tendon
- » Progress to light resistance by 8 weeks

Months 2-3:

- » Stretching exercises to achieve full ROM of elbow and shoulder
- » Advanced strengthening program for elbow and shoulder
- » May begin elbow strengthening

Additional:

- ☐ Teach HEP
- ☐ Work Hardening/Work Conditioning
- ☐ Functional Capacity Evaluation

Modalities:

- ☐ Ice or cryotherapy before/after
- ☐ Heat before/after
- ☐ Electric Stimulation
- ☐ TENS
- ☐ Ultrasound
- ☐ Trigger points massage
- ☐ Dry needling
- ☐ Therapist's discretion

Signature: _____ Date: _____

