
DISTAL BICEPS REPAIR

DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS

PHASE I – Post-Op Phase (Week 0 - 2)

- Sling & hinged brace until 1st post-op visit
 - ◆ Brace at 90° Flexion & Neutral Rotation for 10-14 days
- At 1st visit, brace set to **Full Flexion, 45° Extension**
- Ice, inflammation control, soft tissue modalities
- Gentle wrist & digit motion, fist pumps

PHASE II – Intermediate Phase (Week 3 - 6)

- Weeks 2-6: Brace on at all times except during PT or home exercise
- Range of Motion: Brace gradually adjusted to allow progressive extension
 - ◆ Week 3: 30° - 45° to full flexion
 - ◆ Week 4: 20° to full flexion
 - ◆ Week 5: Full ROM
 - ◆ Week 6: Discontinue hinged brace (if full motor control)
- Begin Active-Assisted ROM
 - ◆ Initially limit Extension to 45°
 - ◆ Advance to full extension by 6 weeks.
- Encourage shoulder & wrist ROM throughout.

PHASE III –Motion Phase (Week 7 - 9)

- Achieve & maintain full AROM/AAROM at elbow
- Begin Biceps, Cuff & Deltoid Isometrics
- Begin **Active Elbow Flexion** against gravity
- Maintain ROM Wrist & Shoulder

PHASE IV – Early Strengthening Phase (Week 10 - 12)

- Begin Flexion & Supination strengthening at 10 weeks
 - ◆ Week 10: Weight training with < 5 lbs.
 - ◆ Week 12: Progress weight training
- Advance resistive strengthening of Deltoid & Rotator Cuff

PHASE V – Advanced Strengthening Phase (Month 3 - 6)

- Continue progressive biceps strengthening
- Most patients achieve full recovery by 6 months