

## Distal Biceps Repair Rehab Protocol

\*\*The intent of this protocol is to provide guidelines for progression of rehabilitation. It is not intended to serve as a substitute for clinical decision making. Progression through each phase of rehabilitation is based on clinical criteria and time frames as appropriate. Immediate supervised physical therapy will help with pain and swelling reduction and provide you with the proper guidance to rehabilitate your injury and resume normal activity as quickly and safely as possible.

Standard Follow up visits: 2, 6 and 12 weeks.

### Immediate Post Op

**Posterior Splint to remain on with no dressing change until the first post op visit.**

### ROM Progression

**Week 2 45° extension to full elbow flexion**

**Week 3 45° to full elbow flexion**

**Week 4 30° to full elbow flexion**

**Week 5 20° to full elbow flexion**

**Week 6 10° to full elbow flexion**

**Week 8 Full ROM of elbow**

### Phase I: Week 2,3, and 4

#### Clinical Goals

- ◆ Elbow ROM from 30° of extension to 120° of flexion
- ◆ Maintain minimal swelling and soft tissue healing
- ◆ Achieve full forearm supination/pronation

#### Exercises

- ◆ 6 times per day, 2 sets of 10 each time, the patient should range the elbow
  - Extension as above to full flexion with active assistive flexion and active extension exercises
  - With the arm at 90 degrees of flexion, forearm rotations, full.
- ◆ Ice after exercise, 3-5 times per day
- ◆ A sling should be worn at all times when not doing exercises

## Phase II: 5-8 Weeks

### Clinical Goals

- ◆ Full elbow and forearm ROM by 8 weeks
- ◆ Scar management

### Exercises

- ◆ Scar massage 3-4 times per day.
- ◆ Grip strengthening at 5-6 weeks
  - Putty may be used 3 times per day for 10 minutes to improve grip strength.
- ◆ 6 times per day, 2 sets of 10 each time, the patient should range the elbow
  - Extension as above to full flexion with active flexion (no weights) and active extension exercises
  - With the arm at 90 degrees of flexion, forearm rotations, full.
  - If not at full motion by 8 weeks therapist can be aggressive in regaining motion
- ◆ Ice after exercise, 3-5 times per day
- ◆ A sling should no longer be worn at week 5

## Phase III 8 weeks to 4 months

### Clinical Goals

- ◆ Preserve full motion
- ◆ Regain Strength
- ◆ The strengthening program is gradually increased so that the patient is using full weights by 3 months. It may be as long as 6 months before a patient returns to heavy work.

Patient to begin strengthening with minimal weights/bands despite pre-injury strength or ability.