



**ORTHOPEDICS &
SPORTS MEDICINE**
BAYCARE CLINIC®

Dr. John Awowale
Distal Biceps Repair

Phase 1- Early Protective Phase (0 to 3 Weeks)

Goals for phase 1

- **Protect surgical repair**
- **Maintain motion at 90 degrees of flexion**

Other considerations

- **May use sling as needed**

Brace

- Patient is fitted in an IROM brace following surgery and is placed in 90 degrees of flexion and forearm in neutral

AROM

- Shoulder pendulums
- AROM of wrist flexion and extension with forearm in neutral
- AROM of unaffected joints as needed

Manual Therapy

- Edema management



Phase 2 – Initiate Motion (3 to 8 weeks)

Goals for phase 2

- Progress ROM

Brace

- Week 3
 - Lacking 60 degrees of extension
 - Flexion fully open
- Week 4
 - Lacking 45 degrees of extension
- Week 5
 - Lacking 30 degrees of extension
- Week 6
 - Full extension as tolerated
- Week 8
 - Discontinue IROM

AROM

- Continue AROM of unaffected joints
- AROM of elbow extension and flexion within confines of splint for HEP
- AROM of forearm supination and pronation with elbow at 90 degrees of flexion
- Week 4
 - Begin PROM of elbow flexion
- Week 7
 - Begin PROM of elbow extension and forearm pronation and supination

Manual Therapy

- Scar mobilization as needed
- Edema management as needed

Strengthening

- Week 8
 - Sub- maximal isometric wrist flexion and extension with elbow at 90 degrees of flexion
 - Begin gentle grip and pinch strengthening with elbow at 90 degrees of flexion

Modalities

- Modalities as needed for pain and ROM



Phase 3- Strengthening (8 + weeks)

Goals for phase 3

- Restore range of motion
- Restore strength
- Return to function
- Return to work and sports

Other considerations

- Return to work and sport with MD approval

Brace

- Discontinue IROM at 8 weeks post-operative

AROM

- Continue to maximize both AROM and PROM in all places
- PROM of supination and pronation

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Manual Therapy

- Scar mobilization as needed
- Edema mobilization as needed

Strengthening

- Week 8
 - Sub-maximal shoulder isometric exercises in extension, external rotation, abduction, and adduction
- Week 9
 - Sub-maximal shoulder flexion isometric exercises
- Week 12
 - Isotonic strengthening of elbow and forearm

Modalities

- Modalities as needed

Work Rehabilitation

- 14 weeks or with MD approval: initiate a work rehabilitation program for patients with high-demand, heavy manual labor occupations