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Distal Biceps Repair

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	None	Hinged brace set at 90 degrees; worn at all times except for hygiene	Passive pendulums; ice/heat; Sub-maximal pain free isometrics for triceps and shoulder musculature
PHASE II 2-4 weeks	Begin AAROM flexion. Extension to 30-45, passive flexion to 120	Hinged brace set at 45-90.	Sub-maximal pain free biceps isometrics with forearm in neutral. Scapular strengthening from above elbow.
4-6 weeks	Begin Active ROM elbow (flexion and extension)	Brace settings: week 4=30-100 week 5= 20-110 week 6=10-120	Single plane active ROM elbow flexion, extension, supination, and pronation.
6-8 weeks	Full passive and active flexion and extension	Brace unlocked; may D/C brace once adequate muscle control	Begin composite motions (i.e. extension with pronation). Begin RTC and deltoid isometrics.
PHASE III 8-12 weeks	Progress to full motion. Correct deficits.	D/C brace	Begin elbow flexion and extension exercises against gravity.
PHASE IV 12-16 weeks	FROM	None	Progressive resisted exercise program is initiated for elbow flexion, extension, supination, and pronation
PHASE V 4-6 months	Full	None	Advanced strengthening. Return to full activities.