

DISTAL BICEPS REPAIR PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Weeks 1-3	Elbow is immobilized Dressing changed at 7-10 days after surgery	Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder	
PHASE II Weeks 3-6	Brace adjusted to 30 degrees extension	May begin active-assisted flexion and passive motion to 90 degrees in brace	No resisted activity. Nothing heavier than coffee cup.
PHASE III Weeks 6-8	Discontinue the use of the brace	Shoulder and elbow ROM, PROM-AAROM, advance as tolerated. Goal of 0 degrees extension by 6 weeks.	Begin muscle strengthening exercises for wrist and forearm
PHASE IV Months 2-3		Please begin active ROM elbow against gravity. Maintain ROM elbow, wrist, shoulder.	May begin elbow strengthening

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP