

Physical Therapy Prescription for:

label

Diagnosis: Distal Biceps Rupture
Surgical Procedure: Distal Biceps Repair
Date of Surgery:
Eval & Treat: 2x/week x 12 weeks**Brace:** Hinged elbow brace with progressive **EXTENSION** limit

- Weeks 0-2: splint 0-90
- Weeks 2-3: 40°
- Weeks 3-4: 30°
- Weeks 4-5: 20°
- Weeks 5-6: 10°
- Week 6+: 0° (brace unlocked)

Precautions/Limitations:

- No heavy weights > 25lbs for 4 months (16 weeks)
- No contact sports or >60lb weights for 6 months (24 weeks)

Weeks 0 to 2 (Immediate Postoperative Period – Protection Phase)

- Strict elevation
- Hand/wrist exercises/ROM
- Posterior mold splint 0-90

Weeks 2 to 4 (Goal: edema control, begin PROM with above limits):

- Splint removed, sutures removed, switched to hinged elbow brace
- No active elbow flexion
- PROM/AAROM 40-full flexion
- PROM/AAROM full pronation/supination with elbow at 90° flexion
- Shoulder mobility as needed
- Sub-maximal pain-free triceps and shoulder isometrics

Weeks 4 to 6 (Goal: protect repair, improve ROM):

- AROM ok starting at week 4 with above ROM limits
- Single plane AROM of elbow: flexion, extension, supination, and pronation
- Sub-maximal pain-free biceps isometrics with forearm in neutral

Weeks 6 to 8 (Goal: complex movements)

- Ok to begin combined motions at elbow (e.g. extension w/pronation)

Weeks 8 to 12 (Goal: strengthening)

- Progressive resistance exercise program for all elbow motions
- Begin with 1lb weight and gradually increase

Weeks 12 to 14 (Goal: return to lifting)

- Wean brace at 12 weeks
- May initiate a gradual light weight training program (home/gym)
- May begin interval training programs for return to throwing, tennis, golf, etc.