

Distal Biceps Repair

Post-op & Week 1	<ul style="list-style-type: none"> • Posterior splint with elbow immobilization @ 90 degrees • Isometric strengthening of triceps and shoulder muscles
Week 2	<ul style="list-style-type: none"> • Placed into ROM elbow brace <ul style="list-style-type: none"> ◦ Set to 40 degrees to full elbow flexion • Passive ROM for elbow flexion and supination • Active assist ROM for elbow extension and pronation • Gentle biceps activation
Week 3	<ul style="list-style-type: none"> • 30 degrees to full elbow flexion • Passive ROM for elbow flexion and supination • Active assist ROM for elbow extension and pronation • Active ROM without resistance
Week 4	<ul style="list-style-type: none"> • 20 degrees to full elbow flexion • Active ROM without resistance
Week 5	<ul style="list-style-type: none"> • 10 degrees to full elbow flexion
Week 6-7	<ul style="list-style-type: none"> • Full ROM of elbow; full supination/pronation
Week 8	<ul style="list-style-type: none"> • Full ROM of elbow; full supination/pronation
Week 12-14	<ul style="list-style-type: none"> • May initiate light weight training such as bench press and shoulder press