

## *Distal Biceps Repair*

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