

Distal Biceps Repair Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**Weeks 1-4:**

- Elbow is immobilized in the Brace at 90 degrees flexion with wrist free.
- Dressing changed at 7-10 days after surgery to hinged elbow brace
 - In brace can perform passive flexion to 100 degrees and progress to passive full flexion by 4 weeks
 - No active flexion
 - Ok to actively extend to 45 degrees
- Neck strap / sling to be used for the first 2-5 days. Then, may begin AROM of shoulder

**Weeks 4-6:**

- Brace adjusted to 30 degrees extension, progressing to 0 degrees by 6 weeks,
- May begin active assisted flexion to full in brace

**Weeks 6-8:**

- Discontinue the use of the Bledsoe Brace
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated
- Begin muscle strengthening exercises for wrist and forearm

**Months 2-3:**

- May begin elbow strengthening

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____