

DISTAL BICEPS REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 HEP daily	Edema and pain control Protect surgical repair Wrist, hand, shoulder ROM	Hinged brace locked 90° flexion at all times (treat like a cast) Keep on and dry when showering No active supination Non weight bearing	Gentle wrist and hand ROM Shoulder pendulum in sling Shoulder PROM exercises
Weeks 2-6 PT 2-3x/week HEP daily	Edema and pain control Protect surgical repair	Brace locked at 90° at all times, OK to remove brace for exercises Remove for shower No active elbow flexion No active supination WB: Cell phone only	Gradually increase elbow extension limit: Week 2-4: Limit 60° Week 4-6: Limit 30° Week 6+: Allow full extension 0° Active extension, passive flexion Continue wrist, hand, shoulder ROM Scapular strengthening Gripping exercises Biceps/Triceps isometrics (week 4)
Weeks 6-12 PT 2-3x/week HEP daily	Full ROM Protect surgical repair	Weeks 6-9: DC brace at 8 weeks No active elbow flexion Weeks 9-12: No brace No lifting objects >1lb	Weeks 6-9: Full elbow ROM Active extension, AA/P flexion Active flexion against gravity Continue wrist, hand, shoulder ROM Begin cuff/deltoid isometrics Weeks 9-12: Resistive strengthening cuff/deltoid Upper body ergometry (week 10)
Weeks 12-24 PT 1-2x/week HEP daily	Improve strength	No brace	Weeks 12-16: ROM and stretching exercises Elbow flexion resistive strengthening Weeks 16-24: Progress strengthening as tolerated Plyometrics and sport specific exercises
6 months + HEP daily	Return to play Unrestricted activity	Return to sport (MD directed)	Maintain ROM and strength