

Distal Biceps Repair

PHASE I (0-2 weeks after surgery)

Goals	<ul style="list-style-type: none"> Minimize swelling
Precautions	<ul style="list-style-type: none"> Keep incision clean and dry Immobilized at all times in splint No lifting
Exercises	<ul style="list-style-type: none"> Gentle wrist and hand ROM
ROM Goals	<ul style="list-style-type: none"> None



Grip Strength



Wrist ROM



PHASE II (2-6 weeks)

Goals	<ul style="list-style-type: none"> Elbow Range of Motion Active extension to 20 degrees (in brace)
Precautions	<ul style="list-style-type: none"> Active flexion, no heavier than a coffee cup Wear brace at all times (exercises included) remove for hygiene only
Exercises	<ul style="list-style-type: none"> Elbow range of motion Continue working on wrist and shoulder range of motion Gentle joint mobilizations
ROM Goals	<ul style="list-style-type: none"> Active extension to 20 degrees in brace



Elbow Extension

PHASE III (6-12 weeks)

Goals	<ul style="list-style-type: none"> • Continue working on extension • Range of Motion 0-160 degrees
Precautions	<ul style="list-style-type: none"> • Brace worn at all times (including exercise) remove for hygiene • Gentle Active Flexion
Exercises	<ul style="list-style-type: none"> • Maintain wrist and shoulder range of motion • Progress active elbow extension in brace • Begin shoulder isometrics for rotator cuff and deltoid
ROM	<ul style="list-style-type: none"> • Active extension to 0 degrees in brace



Elbow Extension



Supination

PHASE IV (12-16 weeks)

Goals	<ul style="list-style-type: none"> • Gently advance range of motion to tolerance
Precautions	<ul style="list-style-type: none"> • Removal of brace
Exercises	<ul style="list-style-type: none"> • Begin active flexion and extension against gravity and light resistance • Maintain range of motion
ROM	<ul style="list-style-type: none"> • Gentle flexion and active extension



Elbow Flexion



RB Elbow Flexion



DB Elbow Flexion



DB Elbow Extension

PHASE V (12 weeks to 6 months)

Goals	<ul style="list-style-type: none"> • Gradual return to full activity
Precautions	<ul style="list-style-type: none"> • Progress when pain-free
Exercises	<ul style="list-style-type: none"> • Gentle elbow flexion strengthening • Advance activities from phase IV